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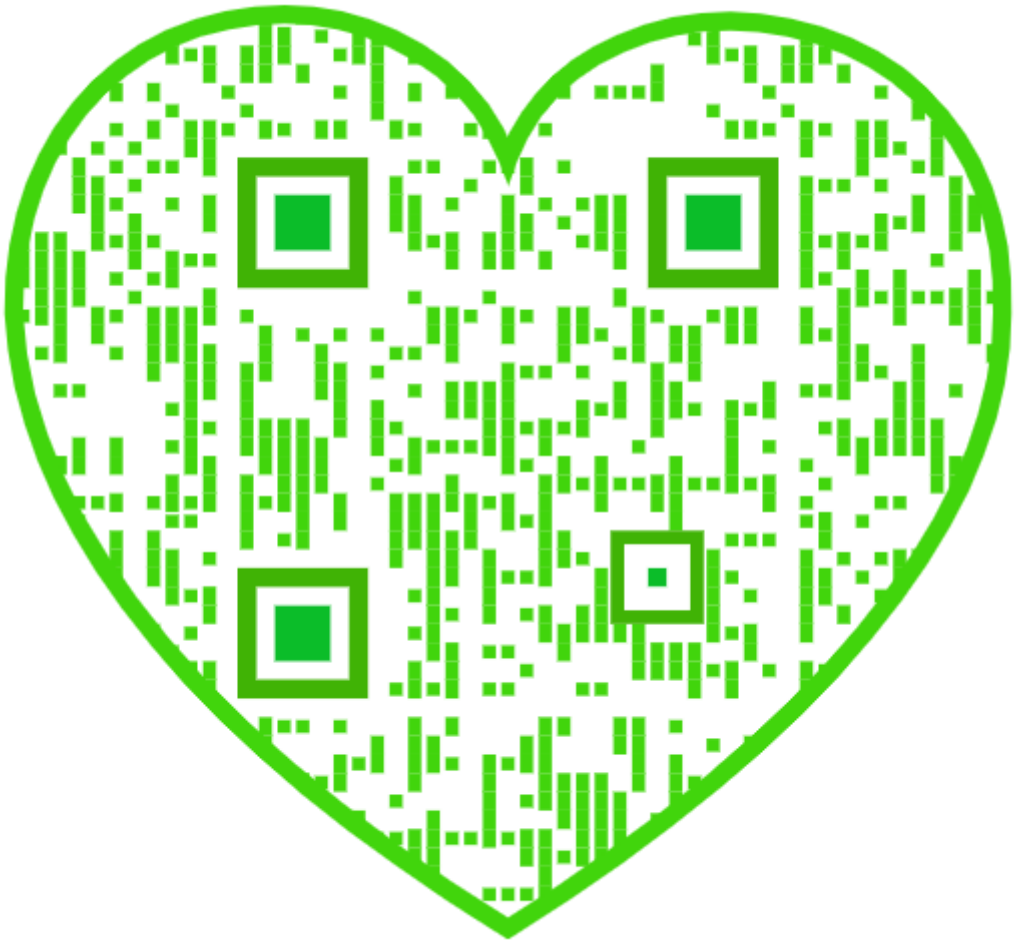

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THE

BOTANIC FAMILY FRIEND:

BEING

A COMPLETE GUIDE TO THE NEW SYSTEM

OF

THOMSONIAN MEDICAL PRACTICE;

EXPLAINED AND ENLARGED;

TOGETHER WITH

PRACTICAL ILLUSTRATIONS,

CALCULATED PARTICULARLY

FOR THE USE OF FAMILIES.

IN THREE PARTS.

PART I.

NARRATIVE OF THE MEDICAL PRACTICE OF SAMUEL THOMSON.

PART II.

DESCRIPTION OF THE VEGETABLE MEDICINE USED IN THE THOMSONIAN, OR BOTANIC PRACTICE; WITH THE MANNER OF PREPARING AND ADMINISTERING THEM IN ALL CASES OF DISEASE.

PART III.

DIRECTIONS FOR THE TREATMENT OF DISEASES UNDER THE VARIOUS FORMS AND SYMPTOMS IN WHICH THEY MAY APPEAR, AGREEABLY TO THE THOMSONIAN, OR BOTANIC SYSTEM OF MEDICAL PRACTICE.

BY E. G. HOUSE.

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PREFACE.

In offering the following work to the public, I have no apology to make, neither do I claim any extraordinary merit, more than an honest zeal in the cause of humanity. If by my labors the sum of human suffering is made less, and the great family of mankind are taught lessons of improvement in their condition, it matters not by whom it is brought about. It will probably be thought by many to be a great piece of presumption in one who has not been regularly educated for the profession, to undertake to write a medical work; but as to this I have no answer to make, and shall leave the people to form their own conclusions, after investigating the subject and giving us a fair and impartial trial. If the merits of a medical work depended upon its being written mostly in a foreign language, unintelligible to the great mass of the people, I must confess myself incompetent to such a task; but shall take the liberty to deny the utility or necessity of such a means to impart useful knowledge.

It may be proper, however, to give some reasons for having undertaken such a task. This can be best done by stating certain facts, which will give a better view of the subject, than any other plan that I can adopt. In my boyhood I had a strong inclination to gain a knowledge of the healing art; and became somewhat a pro-

ficient in learning the medicinal virtues of such vegetables as the people were in the habit of making use of to relieve themselves from disease; and was often employed by the neighbors to collect such as were needed. If my own wishes could have been complied with, I should probably have been a physician, either for good or for evil; but circumstances placed me in a situation that prevented this, and I was compelled to adopt another course, which was to learn the art or trade of a printer, and get my living by hard labor; though I never entirely lost sight of my early propensity for the knowledge of medicine.

When I came to have a family of my own, it gave me an opportunity to gain by experience a pretty correct knowledge of the practice of the medical faculty; for, against my own judgment, I was compelled to comply with the fashion, and send for the doctor in every case of sickness, whether he was needed or not; and we were seldom a week without a professional visit. The expense was the least of the evil, for the sickness seemed to increase with the doctor's attendance, and by the means adopted to effect a cure. Out of six cases in my own family four of them terminated fatally, and the other two escaped only by the strength of their constitutions. I lost a wife and three children, all of them by diseases common to every family. This led me to reflect somewhat seriously upon the subject, and I made up my mind that the whole system of medical practice, adopted by the regular faculty, was wrong, and that it caused more disease than it cured. From these premises I came to the determination to eschew the doctors and their poisons altogether; believing it safer to trust to nature, and those means within our own knowledge, than to their skill; and from this decision I have never deviated, nor have I had any reason for regret that it was taken. I was left with five children, who were subject to all the complaints that every family is liable to be afflicted with; but by such simple remedies as were within our own reach, there has been no case of protracted disease, and they have enjoyed as good health as falls to

the lot of the most favored class of the human family. I state these facts without comment, leaving others to draw their own conclusions, after comparing them with their own experience.

A short time after the above determination was formed, Dr Samuel Thomson applied to me to print a book, which he contemplated publishing, giving a description of his system of practice, with directions for curing disease, upon the plan that he had adopted from his long experience. In consequence of the information obtained of him of his discoveries and the improvements he had made in the treatment of diseases, in the interviews I had with him, which being so perfectly congenial to my previously formed opinions upon the subject, that I became strongly interested in his cause; and very readily became a disciple in his school of reform in the medical practice. He had made arrangements with a man in whom he had placed much confidence, to prepare his work for the press; but this was frustrated by a disagreement between the parties, and a delay took place of several months. Several others were applied to for the same purpose; but no one in whom Dr Thomson could be induced to place confidence, would undertake the task. The result was that at his earnest and frequently repeated solicitations, I undertook to prepare the copy and print the work; which was faithfully performed to his satisfaction, and I believe to all who were friendly to the botanic practice.

In my long intercourse with Dr Thomson, which continued for several years, it afforded an opportunity to study the man, and gain a greater insight into his system of practice, and learn more correctly his plan of treatment in curing disease, than has fallen to the lot of any other person. From this circumstance, it is presumed, I have been often requested, by those who have taken an interest in extending a more correct knowledge of the Thomsonian, or botanic practice, than has heretofore been done, to prepare and publish a work in my own name, which should not only be a correct and safe guide to the practice; but that would preserve in its pu-

rity the experience of the man who originated and introduced the system, and followed it with extraordinary success in curing all complaints incident to our country, for more than forty years. The task has been performed with an honest intention of being useful to my fellow creatures, as well as to fulfill the wishes of my friends. It has caused me a great deal of labor; for to condense into so small a compass a complete system of medical practice from such a great variety of materials, and at the same time make it intelligible as well as useful to all classes of people, is no small undertaking.

My greatest aim has been to write so as to be understood by every one, without any particular regard to the purity of style, or elegance of language. Technicalities have been as much as possible avoided, as perplexing and useless; and it is believed that there will not be found in the description of remedies and symptoms, or directions for curing disease, a single phrase that will lead to a misapprehension of its meaning, or but what will be readily understood by the reader; for one great object has been to make the book a useful family guide in all cases of sickness, and feel confident that it may be safely relied upon as such. Mothers would be the best physicians, as they are certainly the best nurses, if they only had confidence in themselves; and would rely upon their own skill instead of sending for a doctor in every case of disease. Every family should keep on hand a supply of the most important articles recommended in the botanic practice; by doing which they would be able to relieve themselves from many complaints in their first stages, and prevent long sickness. By keeping in the house ready for use, a few articles, such as cayenne, lobelia and bayberry, which are most important; other articles needed may be procured when wanted, and the compounds can all be prepared by themselves, by following the directions that are given, it will be in the power of every family to become their own physicians at a trifling expense.

In regard to the regular medical faculty and their practice, I have a few remarks to make. They are nat-

urally opposed to our system, as being, according to their views, an interference with, and an infringement of their prerogative; but I have the charity to believe that this opposition arises more from pride and interested motives, than from any intention to do wrong. As men, I think them as honorable and humane, and entitled to as much respect as any other class or profession of men; but at the same time, I must say, that it is my honest and sincere belief that their whole system of practice is radically wrong. Admitting this to be a fact, it will be naturally asked, why do they persist in it, and oppose every attempt to bring about a reform? This is not an easy question to answer. They are in many respects a privileged order, and hold great control over the minds of the people, by the peculiar circumstances of their situation and rank in society. Combinations formed to effect certain purposes, are not easily diverted from their course, especially when their pride and interest are at stake.

Many of the faculty have, however, abandoned the old system, and adopted the botanic practice, and have become its warmest advocates; and Thomsonianism has gained so much favor among the people, that the doctors, to sustain themselves and get practice, are compelled to use deception, by disguising their medicine under the name of vegetable preparations, and assuring their patients that they use no poisons or minerals in their practice. It is not unusual in the country towns, for those who attempt to establish themselves in the medical practice, to announce that they are vegetable or root doctors. This shows conclusively that public opinion is decidedly against the mineral practice; and whenever the people can find a substitute, in which they have confidence, they will readily embrace it; but it is folly to expect a radical reform except it is brought about by the people themselves, by withdrawing their patronage from those who persist in a course of treatment to cure disease, that is acknowledged by all to be dangerous, and believed by a great many to cause more disease than it cures.

It is customary with the regulars to call all those who presume to practice the healing art, without having stud-

ied a certain time in some medical seminary and received a diploma, a quack; but which of the two are most entitled to this appellation, must be left to the public to decide. Dr Waterhouse says he is sick of learned quackery, and has with much zeal advocated the cause of Dr Thomson and given an opinion in favor of his system of practice; and his age and experience certainly entitle him to some degree of credit. The knowledge Dr Thomson gained from his practice has proved by the remarkable success which has attended him in curing disease, that experience is a better school to learn what is useful, than to study the opinions of those writers who have left behind them nothing but doubt and uncertainty in medical science.

PART I.

NARRATIVE OF THE MEDICAL PRACTICE OF SAMUEL THOMSON.

CHAPTER I.

INTRODUCTORY REMARKS.

At the time the first book which Dr. Thomson published, giving an account of his life and what he called his system of practice, was offered to the public, he deemed it necessary to give to the world some account of his origin, the course he had pursued through life up to that time, and the hardships he suffered with the opposition he met with from his enemies, in order to vindicate his character against the many falsehoods and misrepresentations that had been circulated to ruin him and destroy his practice, by those who were interested in effecting that object. That work was written for him by the author of this book, from such materials as he was enabled to obtain from him at that time, which were very imperfect, being in a great measure verbal, though he had committed to paper in the best manner he was capable such memoranda as he had from time to time thought necessary to preserve.

Although the publication alluded to was not so perfect as those who think more of ornament than useful information conveyed in a simple and unostentatious style, would think fashionable; yet it has been perfectly satis-

factory to those who have taken an interest in the cause, and has been the means of placing him in a respectable position before the public, as well as to give every one who possessed it, sufficient knowledge of the medicine he used and of his treatment of all kinds of disease, as to enable them to pursue the practice with safety and success. Not only has it done all this, but has enabled him to acquire great wealth in the sale of his family rights and medicine, throughout every state in the Union. Many editions have been printed and circulated in all parts of the country. It has even been printed in the German language and large numbers sold among those people in Pennsylvania and the Western States. In fact, the practice has now become too deeply rooted to be put down by any opposition that can be brought against it.

It is not unreasonable to have concluded that ere this time, from the success he has met with, Dr. Thomson might have been satisfied, and have been willing to rest content with the pecuniary benefits he has received and those honours which a large portion of the public are willing to award him for the zeal he has manifested and the perseverance with which he has pursued his course in lessening the sum of human misery by curing in a safe and simple manner those diseases that flesh is heir to; and giving to others the knowledge by which all may be benefitted by his experience, and that ages yet unborn may bless him for the good he has done; letting others follow in his track and receive such reward as their skill shall entitle them to in pursuing the practice, without interference or molestation. This we should suppose would give more pleasure to a generous mind than the hoarding a few dollars, merely to gratify the indulgence of avarice.

We are not disposed to speak of Dr. Thomson otherwise than with due respect, and shall endeavor to give him all the credit he is entitled to; but the truth in honest soberness must be told or we shall not do our duty; we shall "nothing extenuate, nor set down aught in malice." All men have their failings and their peculiarities, and those who have been most distinguished for any great quality of mind that has placed them above other men, have also their frailties, and under excitement have gone farther, and been led to greater excesses than other men. The cause is obvious, for such men are endowed with strong passions, which their reason is not at all times able to control. It is most generally the case that men of this description apply their minds to some particular object, which draws their attention from the smaller concerns of common men. From this cause they may be very ignorant of the business concerns of life, and will be likely to form erroneous opinions of those they have dealings with; for whenever there happens to be any disagreement, they are apt to look only at their own side of the dispute, and think those who differ from them must be in the wrong, and very uncharitably come to the conclusion that all men are dishonest and wish to cheat them, without reflecting for a moment that others have their own interest to look after as well as theirs.

This has been peculiarly the case with Dr. Thomson, for he has been over thirty years in constant trouble with those who have engaged in the practice; and of the hundreds that he has appointed as his agents, not one as far as our knowledge extends, but what he has denounced as dishonest and unfaithful, and has done all in his power to injure them. This is to be regretted by all

those who feel an interest in sustaining him and extending the practice; for it has tended very much to strengthen the hands of his enemies, and increase their influence with the people. We feel satisfied that had he pursued a more liberal policy and depended for his reward on the sale of his family rights and such share of the profits in the sale of medicine as would naturally fall to him, leaving to others who engaged in the practice all they could gain by it and the preparation and sale of medicine, it would have been more to his interest and much more to his honour than the course he has taken. There can be no doubt of the fact, that some of his agents have dealt with him unfairly; but many of them have been driven to it from necessity, and would have done differently had they been treated with more liberality.

Of the fact that Dr. Thomson is an extraordinary man there can be no reason to doubt, and is entitled to rank among those original geniuses, who have appeared at different periods and have benefitted mankind by their discoveries. He possesses a very active and an inquiring mind, and has, during his whole life, been constantly searching among the visible works of creation for truth, and in full belief that every thing was made to answer some end, to ascertain what was intended for good and what for evil. In his researches he has principally confined himself to the inquiry of what caused disease, and what was the safest and best method of removing it. In pursuing this study, not having had a literary education, and not being able to profit from others by reading books, was compelled to look into and study the great book of nature, for such information as would enable him to gain correct knowledge on this important subject.

The success with which his practice in curing disease

has been attended, and the readiness with which a very large portion of the people have adopted it, is evidence sufficient, we should think, to satisfy every one who is not under the influence of prejudice, of its superiority over what is called the regular practice. That in removing the cause of disease as well as relieving hunger, vegetable substances are much more proper and safe than minerals; and that nature is a better and more sure guide than art. There can be no doubt of the fact, that he has been the principal agent in producing a great reform in the medical practice of this country; which, if it has not now, will bring about one of the greatest revolutions which has taken place for many ages; by giving such information to the people as will enable them to decide correctly for themselves the question whether they are benefitted or injured by the means used to remove disease. By this knowledge they will be naturally led to have more confidence in themselves, and rely less on those who have an interest in keeping them in ignorance; for there can be no good reason given why they are not as capable of judging rightly on this subject, as that of their political or religious rights and duties.

In pursuing what he has considered his duty in the fulfilment of the great object to which his life has been devoted, we are compelled to confess that Dr. Thomson has in many things taken a course that cannot be justified, upon the principles of justice or good policy. The bitterness with which he has carried on a perpetual war against what he calls the three crafts, that is, lawyers, doctors and ministers, has been, to say the least of it, injudicious; and has been a great injury to him and his cause. But to do him justice it must be taken into consideration the treatment he has received at their hands;

the persecutions and sufferings he has undergone and the cruelty with which he has been assailed by some part of them; this had soured his mind and naturally made him jealous of every body who did not take sides with him; but to condemn a whole class for the conduct of a few is not doing right.

That the class of men styled professional, have a great and controlling influence over the minds of the people, cannot be doubted for a moment; that this power is exercised in too many instances more for their own interest and advancement in society than for the good of their fellow creatures, is what cannot be denied by any one. This is more the fault of the people themselves than of those to whom they look up to as a superior order of beings; for so long as they suffer others to think for them they will be most likely to be misled. And this will always be the case until the people learn to think for themselves, and adopt some plan by which they can gain correct knowledge of what is best calculated to promote their own interest as well as independence. In this view of the case, we feel confident that Dr. Thomson would have done more good in his day and generation had he confined himself to curing disease and imparting to others his experience by which they could gain sufficient knowledge to enable them to do the same, than by hurling firebrands into the camp of those whom he considered his enemies.

Towards those with whom he has had dealings, and more particularly those who have been appointed by him as agents, his course has been extremely eccentric, and in many cases his conduct would seem to have been the result of an uncharitable and morose disposition; for those who have done the most to sustain him and promote

his best interest by doing all in their power to extend the practice and put it upon a more respectable footing than he was able to do himself, have been those against whom he has shown the most bitter enmity. We state the fact, but shall not undertake to give any satisfactory cause, as there may be reasons that have not come to our knowledge. From a long and intimate acquaintance, and from the numerous interviews we had with Dr. Thomson, during the time we were engaged in preparing his book for publication, opportunity was afforded, as we thought, to form a pretty correct knowledge of his disposition and character. The opinion then formed of him, and we have seen no reason to change it, was that he was an honest man and naturally possessed a good heart. The evidence he gave during his practice, in his kindness towards his patients, and the readiness with which he gave his assistance in relieving all who applied to him, from sickness and pain, is evidence of this; and we have the charity to believe that his errors have been more of the head than of the heart.

In the intercourse between men in all their pecuniary concerns, it is natural to suppose that all are actuated and governed by some principle or motive in all their dealings; either doing by others as they would have others do unto them, or by being governed by a mere selfish policy of looking to no other end than their own interest, setting aside all other considerations except a certainty of gain. In an attempt to fix upon some reason that would account in any way satisfactorily to ourselves for the conduct of the doctor, we were compelled to come to the conclusion, and in doing this we think there is sufficient evidence to justify the remark, that he has for several years past been under the entire influence of

what seem to be his ruling passions, avarice and jealousy. These have a greater power over the human mind than all others, and are very apt to gain strength by age, until they get complete control.

The propensity with which he has ever manifested a disposition of associating with the lower and more turbulent portion of society, and by connecting himself with several of the factious associations that have had their day in times past, has tended very much to lessen the good opinion of him and his practice, which might otherwise have been felt by the more intelligent, well disposed and honest portion of community. We have it from good authority, that he has contributed considerable sums of money toward the support of these combinations, obtained of him by their leaders for the purpose of aiding the cause, by enabling them through the press to circulate their peculiar doctrines. He had an undoubted right to give his money to whom he pleased, and for whatever purpose he chose to contribute it; but there are many other ways in which he could have shown his liberality by contributing his charities where they were much more needed, by which he might have done much good in lessening the sum of human misery, and been infinitely more to his credit.

The last and most important act of his life, that has come to our knowledge, has been the connecting himself with those who style themselves Free Inquirers, an association who profess not to believe in the Christian religion, and who promulgate doctrines, the tendency of which is to break down all the old established institutions of the country. The appointing their leader as his general agent, a man notorious for his zeal in sustaining and spreading the principles of infidelity, has

been more obnoxious to all Christians, and given greater dissatisfaction to those who were disposed to be friendly to him, and who took a strong interest in spreading his medical practice, than any other step he has ever taken; and has fixed upon the cause a lasting stigma that he can never wipe out. We profess to be as strongly in favor of the liberty of conscience, in its fullest sense, as any one can be; and believe that every man has a right to the enjoyment of his own opinions, on religious and all other subjects, and to be protected in that enjoyment; and that he has a right to protection in pursuing whatever course of life he shall elect for his own benefit and happiness, so far as he can do it without injury to his neighbour, or disturbing the peace of society, and no farther; but at the same time we hold, that the man who attempts to destroy the Christian system of religion, without offering a better, and one that shall be more acceptable to the people, is an enemy to civil society, and is as much guilty of treason against his country, as the man who joins an enemy in time of war.

When the period had arrived at which Dr. Thomson found that he was unable to attend to the practice personally, it become necessary that some plan should be adopted by which means his experience and the knowledge he had obtained by devoting a larger portion of his life in curing disease, could be communicated to others, and be preserved in such manner as to enable them to follow in his footsteps and practice with equal success. For this purpose he published in 1822 his Narrative and Guide to Health. This work was got up with great care and much labour, with the intention to convey in plain and simple language all the directions and information necessary to a perfect understanding of

what was essential to enable every one to pursue the practice with safety; and that every family who had a copy should possess a sure guide in all cases of sickness. It would seem that these intentions have been fully realized; for it has been the only book relied upon by the followers of the Thomsonian practice for twenty years, though several others have been published, and we have never heard of a single complaint but that it has answered every purpose.

Of late years as we have understood, some of those whom the doctor considered his friends, have endeavored to persuade him to publish a larger work, by which his name might be handed down to posterity among the great and learned men of the age; but it seems that his good sense or his good fortune has prevented his committing this folly. Some two or three years ago, however, a Dr. Matson undertook to get up something of the kind; but Dr. Thomson not being satisfied with it, for what cause we know not, refused to give the work his sanction, and declined having any thing to do with it; and the book has since been published by the author in his own name. The reason for all this we think is very obvious, for the natural consequence would be nothing more than the engrafting his system upon that of the regular doctor's, and give them all the advantage of his experience, without being the least benefit to those who have adopted his practice, or any honour or profit to himself. We were in hopes that his good sense would have prevailed, and induced him to let well enough alone; and not be persuaded to put himself in the hands of those who might, for interested motives, place him in a position which his education and his habits of life do not entitle him; but in this it must be confessed we have been painfully disappointed.

There has lately made its appearance a work under the imposing title of the "Thomsonian Materia Medica," containing eight hundred and thirty four pages. It appears to have been got up and published by a son of the old doctor, John Thomson of Albany, for his name figures quite conspicuously throughout the book. His aim in publishing such a work cannot be divined, except it be to make himself a great man at the expense of his father; for we cannot believe that it has his father's sanction, or that he had any hand in the work, unless he has entirely changed all his former opinions of the faculty and their theory. It appears to be mostly copied from standard medical works, with all their Latin names and technicalities, unintelligible to the common reader; and can be of no possible use to any but those who prepare themselves for practice by a regular medical study, and for this there are plenty of other books in which they could gain much more correct knowledge of the science. In fact we can discover nothing in the work that would be a safe guide to the true Thomsonian, except what is copied from the Narrative and Guide to Health; and this appears in such a mutilated state, being so altered from the original, by additions, and the introduction of new remedies and modes of practice, with its connection and amalgamation with that of the regular doctors, that it will be little benefit to those who seek to gain a knowledge of the new practice.*

*Since the above was written, it has come to our knowledge, that our conclusions in regard to Dr. Samuel Thomson's having any hand in getting up this work, or even having in any way his approval, were correct; for it seems that he was dissatisfied with it, and at the end of the book is inserted his objections to such parts as deviated from what he had heretofore published, being innovations and changes in several important parts of his system of practice, of which he does not give his sanction.

That John Thomson had a right to publish this work or any other in his own name, we shall not dispute; but to put the name of Samuel Thomson in the title page, as its author, cannot be viewed in any other light than as an imposition upon the public; for it is a well known fact, that the old gentleman cannot read understandingly one half of the book. In making this statement we would wish to be understood that it is not for the purpose of derogating in the least from all the honours he is justly entitled to; but to sustain him in what we consider a more honourable character, that of a self-taught man, who has raised himself to a high rank in society by his own talents, without the aid of knowledge gained from books.

For the purpose as we presume of making the work more popular by a fashionable dress, there are introduced a large number of pictures, representing a variety of views in anatomy and physiology, with some very good specimens in botany. This is all very well, and will no doubt gratify the curiosity of many; but as to its utility in affording any knowledge to the common class of people in curing disease, we have strong doubts. To the frontispiece, which is intended as a likeness of the doctor, we have some objections, it not being a correct representation of the man; for he appears to be dressed up for the occasion in a new suit of clothes, in which he seems to be uncomfortable and out of his element. It will hardly be recognised as the Dr. Thomson of whom the people have heard so much. That man who has heretofore been in the habit of appearing in a plain homespun dress, travelling through the villages of our country, with his saddlebags containing such articles of medicine as could not be obtained in every place, and trusting to his own knowledge of vegetables for whatever else should be needed, curing all kinds of disease, to the

astonishment of the people, and not a little to the annoyance of the regular faculty.

To give a more correct understanding of our views, as well as his own opinion of himself, we will relate a short anecdote. On an interview we had with Dr. Waterhouse not long after he became acquainted with Dr. Thomson, in conversation in regard to him and his practice, he stated that his wife had become a convert to the Thomsonian doctrine, and that she took much pleasure in conversing with the doctor whenever he visited them. On one occasion she undertook to give him her advice as to his personal appearance, and recommended that he should dress in better style and wear the best of broadcloth, ruffles, &c., in fact to become a fashionable gentleman, which would cause him to be noticed by the first class in society. He heard her through, and all the answer he made was, "If I was to do that I should n't be Sam Thomson."

Having thus far endeavored to give a faithful and honest description of the man, as regards his character, opinions, peculiarities, and his medical knowledge, with an attempt to do him justice by paliating his faults, we shall now proceed to lay before the reader such portion of the narrative of his life, as we shall deem best calculated to convey the most correct information of the Thomsonian practice; with such other instructions as will enable all who take an interest in the subject to gain a correct knowledge of it. By which means we feel confident that the public will be better satisfied, and that the doctor will be placed in a higher and a more honourable position before the world, than by any attempt to dress him out in borrowed plumes.

CHAPTER II.

Birth—Parentage—Hardships endured, and the first developement of his mind, in regard to the medical properties of Vegetables.

Samuel Thomson was born Feb. 9, 1769, in the town of Alstead, county of Cheshire, State of New Hampshire. His father had purchased a piece of land on credit, about a year before, and moved into this place, then a wilderness. They were of course very poor and suffered great hardships, having nothing to depend upon but their own labour, to procure a living, and pay for the land. This was the case with most of those who settled in this new country at that time. The settlement of these regions had been kept back for many years in consequence of the inroads made by the Indians from Canada, during the French war; but when the treaty of 1763 was made the lands were rapidly taken up and entered upon by the poorer, but most enterprising and hardy class of adventurers of the old settlements. The sufferings and hardships of these people were very great; but they were content with their lot, and comparatively happy; for they looked forward to that prosperity, which industry and prudence always insures.

The subject of our narrative, being the oldest son, was put to hard labour as soon as he was capable of doing any thing useful. It was the custom of those times; for every child as soon as old enough was made to do something towards its support. It was a rule adopted among the first settlers, that a boy at six or seven

years old, was able to earn his own living; and this was generally carried out in practice. A great contrast between this and the present times, for now many are not capable of doing it even when arrived at years of manhood. As to giving children learning in those days it was out of the question, except where mothers were capable, they instructed them in some of the first rudiments; for the only thing thought of was to get something to eat, and such clothing as was necessary to protect them from the inclemency of the seasons. This appears to have been the case with Samuel Thomson, for he says his father kept him to hard work from the time he was four years old, and all the chance he had to get learning was, when he was ten he was allowed to attend a school for about a month, which the people had got up about a mile from his home, and this was considered a great privilege.

In these times the people were too poor to employ doctors, as they would be unable to pay their bills, and therefore they had none among them. When sick they had to depend upon such means as were within their reach, and the assistance of neighbours, for relief, which in most cases answered every purpose and were generally successful. There was commonly in each neighbourhood some more aged female, who was looked up to as possessing superior knowledge in curing disease, who was at all times ready to attend when sent for, as midwife, nurse, or adviser, and to assist in relieving the sick, for such remuneration as the people saw fit to give her. During this period of honest simplicity there were seldom any cases of long continued disease, or bedridden patients, whose constitutions had been broken down by experimental practice. It was a fortunate circumstance

for the world and for the future usefulness and success of the young aspirant, Samuel Thomson, that the first ideas impressed upon his childish mind, upon this important subject, was from such a school; for they fixed upon his inquiring mind truths that have sustained him through his eventful and active career of life.

The first dawnings of his youthful inquiries, were to learn the names and properties of the vegetable productions of the earth, which he saw growing around him; to this subject his mind seemed to be intuitive, and strongly bent on gaining information on the subject. He says, in his narrative, that when in the fields at work, "I was very curious to know the names of all the herbs which I saw growing, and what they were good for; and, to satisfy my curiosity was constantly making inquiries of the persons I happened to be with, for that purpose. All the information I thus obtained, or by my own observation, I carefully laid up in my memory, and never forgot. There was an old lady by the name of Benton, lived near us, who used to attend our family when there was any sickness. At that time there was no such thing as a doctor known among us, there not being one within ten miles. The whole of her practice was with roots and herbs, applied to the patient, or given in hot drinks, to produce sweating; which always answered the purpose. When one thing did not produce the desired effect, she would try something else, till they were relieved. By her attention to the family, and the benefits they received from her skill, we became very much attached to her; and when she used to go out to collect roots and herbs, she would take me with her, and learn me their names, and what they were good for; I used to be very curious in my inquiries, and in tasting every thing that I

found. The information I thus obtained at that early age, was afterwards of great use to me."

During the course of his childish experiments to learn the medical uses of vegetables that he daily saw around him, he discovered a plant that attracted his notice, as being different from what he had heretofore seen; on chewing one of its pods, the effect produced was so different from any thing he had before tasted, that it left a deep and lasting impression upon his mind, and the sensation produced at the time he never forgot. At this time he formed no idea of its being useful as a remedy in curing disease; but only amused himself by inducing other boys to chew it, for the amusement of seeing them spit, and sometimes vomit. This was all he knew of this plant for twenty years. When he came to fix upon a more regular plan to cure disease, he found that he needed something possessing greater power, than any thing he had yet found, to cleanse the stomach and restore its tone so that food would digest. In reflecting upon this, his memory brought to mind the herb that he had found many years before; and from the recollection of the singular taste and effect it produced at that time, led him to think that it might be a valuable medicine. He immediately procured some of the article and tried it, first on himself and then on others, and found it to be the very thing he wanted. He gave it the name of the Emetic Herb, and it has ever since been considered the most important article used in the Thomsonian practice. It is described by Linnæus under the name of Lobelia Inflata, by which cognomen it has been introduced into the American Pharmacopia and other medical works. Thus it will be seen, what no one at the present time can have a doubt, that Samuel Thomson has discovered and been

the means of introducing into the medical practice, one of the most valuable articles of the Materia Medica.

It would seem that as he increased in years, though kept constantly at hard work, he never lost sight of his favorite study, by storing his mind with every thing that came within his observation relating to disease and the best method to cure it. On this subject he says in his narrative, "The winter I was eight years old, I was very sick with the canker-rash; but was attended by the widow Benton, who cured me by making use of such medicine as our country afforded, and I was in a short time able to be about. After I had got well, my mind was more attentive to the use of roots and herbs, to be found in that part of the country, with their names and medical uses; and the neighbours were in the habit of getting me to go with them and show them such roots and herbs as the doctors ordered to be made use of in sickness, for syrups, &c. and by way of sport they used to give me the title of doctor."

Nothing of much importance took place in regard to the future prospects of young Thomson for several years. He was kept constantly at hard work by his father, which gave him little leisure to obtain knowledge except what he could get during his hours of labour; but his mind was so bent on examining into the works and mysteries of nature, that he let no opportunity escape him without an attempt to ascertain what every vegetable was good for, that he saw growing around him, and learn their medicinal properties. He was in the habit of closely examining and tasting every thing of the kind that he saw while at work in the fields; and knowing the fact that certain roots and herbs were gathered by the people, and kept to be used in cases of sickness, it was natural

for him to inquire for what purposes they were applied, the diseases which they were good for, and the manner in which they were prepared and used in curing disease; and such was his tact for acquiring a correct knowledge on this subject, and treasuring it up in his retentive memory, that at the age of sixteen years, he had obtained a very extensive knowledge of the medicinal virtues of nearly every vegetable that grew in the country around him.

About this time, he having given such strong evidence that his mind was so decidedly bent on being a physician, it caused considerable talk among the neighbours, and by their advice his father came to the conclusion to send him to study with a doctor in a neighbouring town. This he says raised his ambition very much; but it was of short duration, for his parents on more maturely considering the subject, altered their minds, for they said he had no learning, and farther that they did not see how they could spare him from his work. This was discouraging, and he says in his narrative, "I now gave up all hopes of going to any other business, and tried to reconcile myself to spend my days in working on a farm, which made me very unhappy. I had little learning, and was awkward and ignorant of the world; as my father had never given me any chance to go into company, to learn how to behave, which caused me great uneasiness." Whether his not studying the medical profession in a regular way, was a misfortune or not, it is not easy now to say. It is most probable, however, that he would have been a very useful physician, and might have done much good by his practice; but we have strong doubts whether his name would have been known beyond the limits of the few towns around him. It would have given his

mind a new direction, and he would have been more likely to have studied and been governed by the experience of others, than to have fixed upon any plan of his own; and the world would have received very little benefit from his labours.

CHAPTER III.

A misfortune; which compels him to commence practice, from necessity, first on himself, and afterwards on his own family and others.

We shall now endeavour to lay before our readers such information as will place the subject of our labours in a new position before them, which will develope some of the fruits of his youthful impressions; and will show the advantage of storing the mind with useful knowledge obtained by observation, or from information gained by inquiring of others, which may be usefully applied in many cases during life, to the most important ends for their own good or that of their fellow creatures. When young Thomson was in his nineteenth year, his father having purchased a tract of land in the western part of the State of Vermont, took him with him and went on to it to commence a settlement. This was in October, and in a few days they were enabled to put up a shanty in which they had to live. He says they had to work very hard and their fare was poor; but they got along tolerably well till the 22d December, when he had

the misfortune to cut his ancle very badly, which laid him up for several months, and came near depriving him of life. The wound was a very bad one; it split the bone and laid the ancle joint open, so that the juices ran out, which reduced his strength very much. He was thus placed in a very critical and distressed situation.

If he had been able to go out himself, it is probable he could have found something that would have given relief; but this not being the case, and his father having little knowledge of such things, he had to lay and suffer till his strength was nearly gone. His father had sent for a doctor, who ordered the wound to be washed with a liquid made by boiling sweet apple tree bark, but caused great pain, and made it worse. He now found that he could expect no assistance from others, and that he must depend upon himself; for he could not live long without some relief. He told his father that he thought if some comfrey root could be obtained, a plaster made of it, and applied to his ancle, would ease the pain. He immediately started off and after much trouble had the good fortune to find some. A plaster was made by pounding some of the roots, and putting with it some turpentine, which was applied to the ancle, on the side opposite the wound, which had the desired effect, the juices stopped running in about six hours, and he was very much relieved. This accidental remedy was found through necessity, and he says was the first time the mother of invention held forth to him a helping hand.

While lying in this situation an old man from Canada, passing that way, and hearing of the case, called to see him; and observing the putrid state the wound was in, told them that gum-myrrh would be good for him, as it was an excellent article to prevent mortification. Some

of the tincture was immediately obtained, and squirted into the wound; the smarting was severe for a short time, but it had a favourable effect. On tasting it he found it to be of a hot nature, and a pleasant bitter, he took some; and by using this article, there was in a short time a favorable alteration both in his bodily health, and in the state of his wound. This gave him a high opinion of the value of gum-myrrh, and he has made much use of it ever since.

Their stock of provisions being exhausted, and his wound somewhat better, his father was very anxious to return to Alstead. It was a doubtful question with them both, whether he would live to perform the journey; but he being willing to make the trial, a sled was fitted up, in which he was placed on a straw bed, and on the first day of January they started. His sufferings were very great; but the kind treatment he received from all who saw him, and the attentions and sympathies shown by the people where they stopped, encouraged them to persevere. After a tedious journey he at last arrived safely at his home, though in a very feeble state of health, and it was a long time doubtful whether he would recover; but by kind attention and good nursing, he soon began to mend. It was not however till the first of March that he could walk. He was able in the course of the spring to attend to some business, and his father left him in charge of the farm and returned to Vermont.

This accident and the sufferings he underwent in consequence of it, with the various opinions expressed by all who saw him, afforded to his active and inquiring mind a useful study. It was the opinion of those who saw him on his journey, and decidedly that of all the doctors, that nothing would save his life but to have his leg ta-

ken off. This he strenuously opposed, and said that he had made up his mind that he had rather take his chance with his leg on, bad as it was, to having it taken off; and of this obstinancy, as it was then considered, he says he has never had reason since to repent. In the course of his reflections and studies in the book of nature, to learn how to remove disease, he could find a great many remedies which Providence had provided to cure wounds and diseased limbs; but he could discover no provision that nature had made for cutting them off. This is a modern introduction of art, for we believe the ancients had no knowledge of it; and there can be no doubt of the fact, that a vast number have been mutilated by amputation, who might have been cured without, by a timely use of proper remedies.

From the time of his recovery he took charge of the farm, his father and brother having left home to work on their land in Vermont. During the next spring the family all had the measles, and his mother was very bad, having what is called the black kind. The doctors tried their skill upon her, without doing her any good, for all they did seemed to increase the disorder; they then gave her over, and said she had the galloping consumption. She lived but about nine weeks. Though he had recovered from the disease, it left him troubled with a bad cough, and the symptoms appeared much the same as those of his mother; but he refused to take any medicine from the doctors; and undertook to cure himself with such articles as he had a knowledge of, in which he succeeded by taking syrups and other compounds of his own, to remove the cough, and he soon got well.

When he was twenty-one years of age his father gave him a deed of one half the farm, and in the course of

the year he was married. This placed him in a somewhat new position, in regard to his duties and his prospects in life; and the many cases of sickness that he had in bringing up a large family of children, afforded him opportunities to gain much information of the nature of disease, and the best method of curing it; as well as to not only make improvements in forming his own system of practice, but gave him a pretty correct knowledge of that of the regular doctors. We shall not have room to give the particulars of all the cases, but shall endeavour to describe the most important only, and such as will tend to convey to the reader useful information.

When their first child was born his wife had a very bad time. She was taken ill on Saturday, sent for help, and lingered along till Sunday night, when she was considered to be in a very dangerous situation. She was in hand all night, until the next morning at sunrise, when she was with great difficulty delivered. Soon after the child was born she went into strong convulsion fits, which continued for a long time. During the whole night there had been a continued effort to force nature, which produced so great an injury to the nervous system as to cause the fits. He says that what he witnessed that night of the barbarous treatment of his wife, caused him to pay attention to midwifery, and he practised afterwards by aiding nature to do its own work, in its own way, with great success.

Six doctors were called in during the day to hold a consultation and give their advice; but they did nothing except to quarrel and find fault with each other; and the husband becoming dissatisfied with their conduct, dismissed the whole of them, and sent for two root doc-

tors who staid with her during the night, and made use of all the means they could to strengthen and quiet the nervous system, and in the morning the fits left her, but she remained in a very dangerous condition for a long time, and never entirely recovered from the injury she received.

The following case being an important one we think it will be best understood in his own language. "When my second daughter was about two years old she was taken sick, and had what was called the canker-rash. Our doctor was sent for and said she had the disorder as bad as any one he ever saw. He tried his utmost skill to prevent the putrefaction, which he feared would take place; but after using every exertion in his power, without doing her any good, he said he could do no more, she must die. The child was senseless, and the canker was to be seen in her mouth, nose and ears, and one of her eyes was covered with it and closed; the other began to swell and turn purple also. I asked the doctor if he could not keep the canker out of this eye; but he said it would be of no use, for she could not live. I told him that if he could do no more, I would try what I could do myself. I found if the canker could not be stopped immediately, she would lose the sight of both eyes. She was so much distressed for breath, that she would raise herself straight up in her struggles. I placed myself in a chair and held her in my lap, a blanket was put round us both; a hot shovel was then placed between my feet, and I poured on vinegar to raise a steam; and by following up this plan for about twenty minutes, she began to breathe easy. During the whole time I kept several thicknesses of cloth wet with cold water on her eyes, changing them as they became warm.

I followed this plan for about a week, repeating it every two or three hours, when she appeared to be better. Her eyes came open, and the one that was the worst, was completely covered with canker; and when the scale came off the sight came out with it, and it entirely perished. I used a wash of marsh rosemary to remove the canker. The other eye was saved to the astonishment of all who saw her. She entirely recovered from the disease, with the exception of the loss of one eye. This was the first of my finding out the plan of steaming and using cold water. I afterwards made many improvements, and by making use of this method to aid in curing the sick, especially in desperate cases, has been one great cause of my success."

He had some other cases in his family, where necessity compelled him to depend on his own resources for relief. In one case a child was violently attacked with the croup, and after the doctor had left it to die, by administering a few drops of rattlesnake's oil it gave relief, and by other remedies, with close attention, during the night he recovered. At the birth of their third child his wife was, after delivery, seized with the cholic and had other violent symptoms. The midwife was much alarmed, and said a doctor must be sent for; but not being able to find one, he undertook to do what he could himself; and by giving hot medicine to raise the inward heat, and applying the steam, she was relieved in about one hour. All he did was strongly remonstrated against by the midwife; but she admitted that it had saved her life. The success which attended these cases caused much talk among the neighbours, and he was called on by others to give his assistance where the doctors had been unsuccessful, which he attended and effected cures, much to the astonishment of the people.

CHAPTER IV.

Determination to follow the medical practice as a business. System of practice fixed upon and explained.

The success which had attended him in all the cases that he had thus from necessity or by accident been instrumental in giving relief, caused much talk and spread his fame through the neighbouring towns, and he was sent for and attended a number of patients, who were considered incurable, in all of which cases he succeeded in effecting a cure. He had by this time satisfied his own mind, that there was little difficulty in curing the sick, and removing those complaints incident to our country, if suitable and proper means were used for that purpose. He also became satisfied that the practice of the doctors was wrong, and that they caused more sickness than they cured. This led him to reflect seriously upon the subject, and prompted him to endeavour to convince the people of the correctness of his conclusions, and that his own views were founded on facts.

He had thus been in this kind of practice for several years, for which he had been paid very little for his labour, and his success had caused him to be sent for in most of the desperate cases, some of which were at considerable distance from home. From these causes he found that his time was so much taken up with attending upon the sick, that he could not find time to pay that attention to his own affairs that his interest and the comfort of his family required. This caused him to reflect seriously upon the subject, and he came to the con-

clusion that he must give up the practice altogether or make it his business for life. The natural tendency of his own disposition was to the latter course, for he had always had a strong aversion to working on a farm; besides his inclination seemed to be so strongly bent on pursuing the practice, that he found it impossible to divest his mind of it. He consulted with his friends and asked their advice; who expressed their opinions decidedly, that as it seemed to be the natural turn of his mind, and if he felt himself equal to the undertaking, it was his duty to pursue the course which nature seemed to have marked out for him. After weighing the matter and viewing it in all its bearings, he came to the determination to follow the medical practice, and devote his whole time to it, and use all means to make himself as useful as possible to his fellow creatures.

After he had come to the determination to make a business of the medical practice, he found it to be necessary to acquire a correct knowledge of the human system, and to gain such information of its structure and organization, as would enable him to pursue the practice with safety and success. To do this he had no other resource than the exercise of his own mind, and to investigate and look into what he saw around him, and what he knew to be truth. This he deemed to be necessary, not only for his own government; but that it might be a guide for others, who should engage in the practice, and enable them to understand his plan, and preserve to the world whatever discoveries or improvements he might make.

To gain a knowledge of physiology he took his own body for a study; and in the investigation of which he formed certain conclusions of its structure and the func-

tions of animal life. He found that his body was composed of bones, cartilages, tendons, muscles, glands, ligatures, various membranes, veins and arteries,—that the whole was enveloped in a covering called the skin, which was provided with innumerable outlets called pores, through which all useless matter not wanted for the nourishment of the body passed off by perspiration. That life is sustained by the food taken into the stomach, where being digested it furnishes heat and nutriment to all parts of the body. That the first part of the process of digestion commences in the mouth, where the solid part of the food is chewed and mixed with the saliva, and thence passes into the stomach where it undergoes a change, by being decomposed, and becomes a white liquid, called chyle; it then passes into the large gut called the duodenum, where it receives the gall, and then is called chyme, being perfectly prepared to form the blood, which is the life of man; from thence it passes through the intestines, which are provided with innumerable little vessels, called lacteals, which take up all the nutritive part and convey it to the blood vessels; the other or earthy part, passes off by the rectum. That the only other evacuation is by the bladder, which is a reservoir for receiving certain useless fluids, which are secreted by the kidneys, and pass off by the urinary passage. That one of the greatest and most important functions for sustaining life was the operation performed by the lungs, these being so constructed as to contain a quantity of air, by which it is inflated, and this air being rarified by the vital heat, causing them to contract; and the hot air, after being deprived of its oxygen, which is used in preparing the blood for circulation, is expelled, forming a sort of vacuum, when the cold air rushes in

through the windpipe to fill it; this is what is called breathing; and this operation gives motion to the heart, and causes it to act as a forcing pump, by which means the blood is forced out of one valve through the arteries to the extremities, from whence it returns back through the veins and is admitted by another valve, to be again renewed for circulation. Thus it appeared to him evident, that this curious and complicated machinery was kept in motion by the power of heat.

After having satisfied his own mind that his theory in regard to the construction of the human body, and its various operations in sustaining life, was correct, the next thing was to inquire into and endeavour to ascertain the cause of disease. To come to a conclusion on this point, he found the only sure way was to examine into effects, and as he knew there could be no effect without a cause, this course must lead to correct results; and by exercising his reason and applying the knowledge he had obtained from his practice to the subject, it confirmed him in the opinion that he had before formed, that heat was the great principle that sustained life or animation, and that cold, or a loss of the power of heat, was the cause of all disease. Thus the following convictions were forced upon him—That to assist heat in recovering its natural state, was the only means by which the system could be restored to a healthy condition; and that, after this was effected, by clearing the body of all obstructions and causing a natural perspiration, the stomach would digest the food taken into it, by which means the whole system would be nourished and invigorated, and heat or nature would be enabled to maintain its power over cold, which is always opposed to it—That the constitutions of the whole human family being essen-

tially the same, varying only in the different temperament of the same materials of which they are composed; it appeared to his mind evident that all disease proceeded from one general cause, and might be cured by adopting some plan that would operate as a general remedy—That a state of perfect health arises from a due balance or temperature of the elements; but if this is by any cause destroyed, the body becomes more or less disordered; and when this is the case there is always an actual diminution or absence of the element of fire, or heat; and in proportion to this loss of the power of heat, the body becomes more or less affected by its opponent cold. And that the greater part of the disorders with which the human family are afflicted, however various the symptoms and different the names by which they are called, arises directly from obstructed perspiration, which is always caused by the effect produced by the power that cold had gained over the inward or vital heat of the body.

We believe it to be a well known fact, and so considered by every one, that most if not all cases of disease, are occasioned in the first instance, by what is called taking cold; and this is caused by exposure, or a sudden change of condition, such as going out of a warm room, when in a state of perspiration, into the cold air, without being properly protected by clothing; or, after violent exercise, sitting in a cool place exposed to the cold air till a chill takes place; and many other ways, which may all be guarded against and prevented by prudence and caution. And it is also as well known that by timely administering simples, such as are stimulating in their nature, so as to restore perspiration, which in such cases is always suspended, by raising the internal heat of the body, a removal of the difficulty is easily effected; but if

this is neglected, or nature is not able to relieve itself, the cold becomes seated, and some more powerful means will be needed to remove the disease, thus caused by the loss of heat, and restore health.

Whenever a disease becomes seated and cold has gained a foothold, so as to sustain itself against the power of heat, which is always its opponent, decomposition or putrefaction commences in that part of the body where it is seated, and this effect is a tendency towards dissolution or death; and if not checked and the difficulty removed by administering such remedies as will cleanse the part affected and restore the natural heat, the disease will continue to progress, until heat is entirely expelled from the body, when it returns to the elements from whence it came. This effect produced by cold in its progress, is called canker, which exists more or less in all cases of settled disease, either internal or such as are caused by external wounds. And this part of the subject in regard to effecting a cure, ought to be well understood, being of greater importance than any other, and the first object should be to remove the canker, for it forms a resting place where cold takes its stand, and may be truly said to make the food it feeds upon.

It may be presumed an established fact, that all cases of acute attack of disease, and which cause the greatest pain, are seated in the glands, where obstructions take place, caused by the effect of cold, either internal or external, or both. Now the only possible way that a cure can be effected, is to aid nature to remove these obstructions, which long experience has proved can be done by increasing the inward heat by stimulating medicine, and lightening the surrounding air by the application of steam; thus raising the fountain and lowering the

streams, when a lively perspiration will take place, and the pain will cease. Then by giving such articles as are best calculated to restore the digestive organs, the health of the patient will soon be completed. There are other dangerous cases of disease that become seated on the surface of the body, and are kept there by the external cold, which can only be cured by the same means as above described. These and many other cases will be fully treated upon in another place, when we come to give a description of them under their different names, with directions for their cure, upon the Thomsonian plan, which has been found effectual and safe.

CHAPTER V.

Plan of treatment for curing disease. Such vegetables as have been found best calculated for that purpose, classed under their proper heads.

HAVING fixed upon these general principles, in regard to the structure of the human body and the functions by which it is kept in motion, and life is sustained, with the cause of disease, his next inquiry was to ascertain what was best calculated to restore the system, when disordered, to a state of health. For this purpose his mind was naturally directed to the vegetable kingdom, which he believed contained a remedy for every disease, if it could be found out and properly applied. As it was evident that the body was supported and life sustained

altogether by food, it was reasonable to suppose that every thing administered as medicine, to be useful, must be in harmony with it. He found that he must look to effects, to gain a correct knowledge of the nature of all substances to be used as medicine; by which means only he could ascertain what to admit as useful and what to reject as injurious. He found also that all vegetables were different in their nature; yet, that when administered to cure disease, they all have a tendency to produce certain effects, either to assist nature in removing all complaints, or increasing the difficulty; and when this is correctly understood, he found there was little trouble in gaining the object desired. It appeared to him to be self-evident, that nothing of a poisonous nature, could by any possible means be made useful in curing disease; and he therefore discarded every thing he found to be of that nature; and made use of such articles only as were proved to be congenial with the sustaining of animal life, and in harmony with food. To give a more perfect understanding of his system, or plan of treating the disease, we have thought best to class such articles as he made use of, under the following heads, viz: Stimulants, Astringents and Tonics; with their powerful auxilliaries the Emetic and Steam Bath.

Stimulants—are such articles or substances as have the power when mixed with the juices of the body to genrate heat, and thereby increase the action; for the meaning of the word is, to stir up, to excite, to invigorate. There are a great variety of articles that come under this head; in fact there is nothing that can be useful when taken into the stomach, but what, in a greater or less degree, has a stimulating effect. In a state of health, food is sufficient for all the purposes of maintain-

ing life ; but when any part of the body becomes morbid from disease, it requires something more powerful to remove the obstructions. Dr. Darwin says in his Treatise on Nutrition, that food nourishes according to its stimulating qualities. Of this there can be no doubt, and it follows of course, that whatever medicine tends to aid in producing this effect is best calculated to remove disease. There is nothing of a wholesome stimulating nature, but what is found in vegetables; though the regular doctors undertake to make it appear that minerals and other poisons operate as such. This in some measure may be the case ; but this effect is produced by the effort nature makes to expel an enemy, and reduces the strength ; whereas the nutritive stimulants have a tendency to increase it. Upon the same principle they maintain that cold acts as a stimulant ; and this is so far true as its being opposed by heat causes action ; but this only tends to exhaust the energies that sustain life. Ardent spirit is well known to be a powerful stimulant ; but by its too frequent use it loses this quality, and becomes highly injurious to health ; for it contains nothing nutritive in its nature ; and only tends to injure the tone of the stomach, and seriously to affect the nervous system. When the materials of which alcohol is made are used as food, they are nourishing to the body, but distillation destroys this quality altogether.

The first and most important object in removing disease is to find something that has a sufficient stimulating power to not only raise but to hold the internal heat of the body, and keep up the perspiration until all obstructions can be removed, and the stomach cleansed so as to digest the food taken into it. To find an article that would effectually do this Dr. Thomson says he had

much difficulty. He tried a great may articles which he found useful, and would answer a very good purpose in the first stages of the disease; but in chronic cases, where the system had been run down by neglect or bad treatment, they were not sufficiently powerful to effect the desired object. By persevering, however, in his plan and in the use of such articles as he had found best calculated to raise the inward heat, he met with great success in his practice for several years; until he by accident come across some of the common red peppers of the country, which on trial he found to be much superior to any thing he had before used. This he continued to make use of for some time; but in pursuing his inquiries to find something better; he at last, on visiting a seaport, met with some Cayenne Pepper, which he immediately made trial of and found to be the very thing he had been so long in pursuit of. He from that time adopted it as one of the most important articles that is made use of in his system of practice; and there can now be no doubt of the fact, that it is the safest and most pure stimulent ever discovered.

Astringents—are such articles as have the power, when administered as medicine, either internally, or applied to external injuries, to remove canker, by allaying the irritation caused by that disease. The meaning of the term is, to tie up, or bind together; and its operation is to stop the flow of blood or the animal juices. It is of the utmost importance to have a correct understanding of this subject; for we maintain that in all cases of settled disease, there is more or less of canker; and the first object ought to be to remove this difficulty, in order that a natural action of the parts may take place, when nature will be able to effect a cure. The articles that come under

this head are numerous in our country; but many of them are not safe to be used as such, on account of their being too binding, and the only way to correct this difficulty is to use with them something that is stimulating, Cayenne has been proved to be the best. From this it would appear that those articles which possess the greatest stimulating power as well as their astringent effects, are the safest and best calculated to remove the canker and aid in effecting a cure. The jesuit's bark was used by the doctors as an astringent for many years, and for a long time was considered a sovereign remedy for almost every disease; but it was found to be too binding in its nature, and by drying up the juices, often did more harm than good; and they not knowing how to correct the evil by stimulants, have laid it aside; for we believe it is now very little used by them. This is not evidence, however, that it may not be used to advantage by the assistance of stimulants.

In the course of his practice for several years Dr. Thomson says he met with the same difficulty, with those articles he made use of to remove the canker; but by trying a great number of different things for this purpose, he was enabled to find some one of them, with the other means he used, to effect his object. He used for a long time marsh rosemary and various kinds of barks, which he found good in many complaints; but their effects did not seem to meet his views in the more difficult cases that came under his care; until at length he found an article that answered his purpose. This was the bark of the root of Bayberry, which he found to be effectual in removing the canker, and at the same time its stimulating qualities were sufficient to prevent any bad effects. From that time he used this as his chief remedy in such

cases; and from thirty years experience, has not been able to discover any thing that can compare with it in producing the desired effect. He had long been in the habit of testing whatever he met with by its taste, to ascertain its medical virtues; for he naturally came to the conclusion, that the effect produced in the mouth would continue to have the same when introduced into the stomach. In ascertaining what is best to be used as an astringent, he lays it down as a rule, that by chewing the article, if it causes the saliva to flow freely and leaves the mouth moist and clean, it is good; but if it leaves the glands dry and causes a sensation of foulness in the mouth, it is bad and should be avoided. This we think is sound doctrine and is worthy of being remembered.

Tonics—are such articles as have a tendency to regulate the tone of the stomach and strengthen the digestive organs, and enable them to perform all their functions in preparing the food to nourish the body. To give tone is to regulate so as to produce harmony. If in the process of digesting the food when taken into the stomach, there is not a proper balance of power in the ingredients of which it is composed, or there is any thing obnoxious, it will cause disorder; and if this is not corrected by some means, or the offensive matter is not thrown off by an emetic, the consequence will be a settled disease, and the whole system will become more or less affected by it. The same difficulty may take place by overloading the stomach with too much food, or taking into it what is not suitable for nourishment. Now the tendency of all these effects is to produce discord, and the only remedy is to use such means as will restore the proper tone to all the parts: when nature will be enabled to continue a healthy action, and maintain the

necessary functions for sustaining life. All the articles used as medicine for this purpose, we shall place under the head of tonics; they are very numerous and may be known by their bitter taste.

The great regulator of digestion and which prepares the aliment for the purposes of furnishing nourishment to the body, it is well known, is the bile; which is a thick, yellow, bitter liquor, separated in the liver, collected in the gall bladder, and discharged into the lower end of the duodenum. In a state of health this is the only tonic needed; but when the stomach is out of order, it nee ls something that will regulate its action and restore the tone, before it will return to a healthy condition; for if the food passes into the duodenum in an unprepared state, it will not take up the gall, and therefore passes off without affording any nourishment, and will tend to cause disease in the alimentary canal. The gall not being used for its proper purposes, and constantly flowing, of course passes into the circulation in a crude state, and being carried to the surface by perspiration, turns the skin of a yellow colour. This is called the jaundice, or a bilious habit, and is considered a disease; but this is not the fact, for it is only a symptom showing the state of the stomach, which is the seat of the disease.

In some cases when the stomach is weak and inactive, the gall flows into it, and there mixing with the undigested food, forms a cold mass of morbid matter, which if not removed, will cause canker, and lay the foundation of a long continued disease; for health cannot be restored while this mass remains in the stomach. The Thomsonian method for doing this, and we think it the only correct and safe one, is to remove this cold mass of morbid matter with emetics; and then to raise the inward

heat by giving the most powerful stimulants at hand, till perspiration is restored, with astringents to remove the canker, after which follow with tonics to restore the digesture. This, when persevered in, will in most cases effect a cure, by removing the cause of disease. One of the best tonics for regulating the stomach, and preparing nourishment for the body, is common salt; and may be often administered as a medicine to great advantage, when the stomach is out of order and has need of a corrector. Dr. Thompson has said that salt afforded more nourishment than any other substance, he knew of. That it is essentially needed in digesting the food and creating an appetite, there can be no doubt. All animals that chew the cud have a strong craving for salt; and this is good evidence of its being useful and necessary, for instinct never errs. Abstinence may sometimes be useful in correcting the digesture; for constantly taking food into the stomach when it cannot digest it, must do an injury. We would wish, however, to be understood not to mean total abstinence; for it is essential that the stomach should be supplied with as much light and nourishing food as it can bear without causing distress. There are a great variety of vegetables which are useful as tonics; many of those that have been proved to be the best, will be hereafter described in their proper place.

Emetics—are all such articles as when introduced into the stomach cause vomiting, by aiding it to eject whatever may be there that is offensive and injurious to health. The only article now used for that purpose in the Thomsonian practice, is the Emetic Herb, (Lobelia inflata) which has become one of the main pillars of that system of practice, and without which it

would be difficult to effect a cure in chronic cases of disease. It has now been used as an emetic for over thirty years, and has been proved to the satisfaction of all who have had a knowledge of its effects, to be the most safe and effective in its operation, of any thing that has ever been discovered. The Steam Bath is another powerful auxilliary in removing the cause of disease; by opening the pores it attracts the determining powers to the surface, and tends to clear the system of all impurities, giving a lively action to the skin. A more particular description of this important remedy, and the best manner of applying it, will be hereafter given.

CHAPTER VI.

Practice continued, and its success in an alarming disease that prevailed. Many desperate cases attended with success, with his mode of treatment, in effecting a cure.

HAVING now commenced the medical practice as a business, he was sent for and attended several desperate cases of disease, in which he met with extraordinary success. In the year 1805 a very alarming disease prevailed in his neighbourhood, which from its peculiar symptoms was called the yellow fever. It was very fatal, for about one half of those attended by the regular doctors died. He was sent for and attended a number of the worst cases, and during the prevalence of this epidemic, which lasted about seven weeks, never lost one patient.

He says in his narrative, that he pursued his usual course of treatment, by cleansing the stomach, and raising the inward heat so as to cause perspiration, then giving medicine to clear off the canker; by which means he was able to check the disease and restore his patients to health, with much less difficulty than he had ever thought before to be possible. In those cases he found great benefit in the use of steam, in the application of which he made several improvements. The experience he gained during this practice, he says confirmed him in the opinion, that fever is a disturbed state of the natural heat, and is only a symptom caused by the efforts nature makes to remove the obstructions, which cold has been the cause of producing; and that the only way to remove the disease, is to assist nature or heat to overcome the effects caused by cold.

A man in a neighbouring town was suddenly taken with bleeding at the lungs; his doctor had done all he could without any benefit. He was in despair, and the family were greatly alarmed, stating that he had lost in twentyfour hours nearly six quarts of blood. In this situation Dr. Thomson was sent for and attended; and by giving medicine to get as great an internal heat as possible, caused him to sweat profusely; then gave medicine to clear off the canker, a cure was effected, so that in four days he was well enough to attend to his business.

In the same year, he had a case that was somewhat new to him. A woman who had been in a dropsical way for several years. The disease had of late gained rapidly in its progress; and it was thought by her husband she would not live through the day. He found her situation very distressing; she said it appeared to her

that she was full of scalding water. In the first place he gave her about a gill of checkerberry and hemlock, distilled, which allayed this burning sensation immediately; and then by cleansing the stomach, and following his usual course, he was enabled to relieve her, so that in about a week she was in a comfortable state of health, which continued for many years.

There was brought to his house about this time, in her bed, a woman from Vermont, who was in a very extraordinary situation, she had lain in her bed and been perfectly helpless for ten years, and had been attended by all the doctors in that part of the country, without any benefit. He proceeded with her in his usual way, by cleansing the stomach and getting a perspiration; and she soon began to gain; but he met with great difficulty in making her help herself, or use any kind of exercise. To effect this object he had to resort to various expedients, such as laying her on a bed in a wheelbarrow, and run her about in this way till she was tired. After exercising her in this way for a week, she gained some strength, and could move her limbs. He then put her in a wagon and drove her about in that till she would at last rather than fall, start her feet unexpectedly and try to help herself. She was after this put on a horse, and by making several trials, she at last got so as to be able to ride alone four miles, out and back, at a time; and on returning she would lay down and not move for six hours. By pursuing this plan, and at the same time giving her medicine to keep up the perspiration, and restore the digesture and strengthen the nerves, for three months, she was able to return home, and afterwards enjoyed a comfortable state of health.

He was about this time called upon to attend several

cases of dysentary, which by treating them in his usual manner, was enabled in every case to effect a cure. Two cases of cancer also came under his care, which he succeeded in curing by pursuing his plan of clearing the system from obstructions, restoring the digesture, and keeping up a healthy circulation ; and applying his cancer balsam to reduce the tumor. This balsam was an invention of his own, which will be hereafter described.

A case came under his care, while on one of his medical excursions, which we think worth relating. A young man had been taken in what was called cramp convulsion fits, which he had a regular succession of for three days. The doctors did all they could to relieve him without success. In this situation, Dr. Thomson being in the village, was sent for, and says when he entered the room where the young man was, he went into a fit. His feet and hands were drawn in towards his body, his jaws were set, his head drawn back, and every part of him as completely fixed as a statue. The great difficulty was to get medicine into his stomach, which he effected by preparing a strong mixture, composed of the seed of lobelia made fine, cayenne, and the rheumatic drops; then putting his finger into the corner of his mouth, making a space between the cheek and teeth, poured in some of it; and as soon as it reached the glands at the roots of the tongue, the spasm in the muscles of the jaws relaxed and his mouth was opened ; then by causing him to swallow some of the mixture, it had such an effect on the stomach as to relax the spasms in the whole body. Some medicines were left with directions how to proceed with him, and by following them, he soon recovered his health, and had no fits afterwards.

This experiment we look upon as one of the greatest

importance of any that he had ever made; for it not only relieved a fellow being from one of the most distressing complaints known, but proves beyond a doubt, that the seat of all cases of spasms is in the stomach; and the manner in which the desired object was obtained, shews an ingenious mind, and is worthy of all praise. There has been since a great number of cases of lockjaw cured by the same method; and in no case we believe has it ever failed in giving relief to this dreadful complaint, which has heretofore been considered incurable. We witnessed a case of the kind somewhat similar, and can vouch for the facts in the following statement. A young woman in a state of despair had taken a large quantity of laudanum to destroy herself; a physician was sent for, who sent a student, but he made no attempt to relieve her—considering the case out of the reach of his skill. In the mean time a person who had a knowledge of the Thomsonian practice was called in by a friend, who pursued the same method that Dr. Thomson has described in the above case, and met with the same success. The poison was thrown off the stomach, and the girl recovered. The young student witnessed it with much anxiety; but before he left, he told one of the women present, that he would give fifty dollars to know what the medicine was.

A young man was brought to him from a distant town who had been afflicted with a fever sore on his thigh for several years. He began with him by giving medicine to correct and strengthen the system; bathed the wound with the rheumatic drops, sometimes bathed it with cold water to strengthen and increase the circulation in the limb, and after pursuing this course for about a month, he was well enough to do some work. The

young man remained with him about four months, when he returned home, being able to walk the whole distance, which was one hundred miles.

In the fall of the year 1807 the dysentary prevailed in a town in Vermont, and was so fatal, the inhabitants became much alarmed. Of twentytwo cases attended by the doctors only two survived. A meeting of the people was held to consult upon the subject, at which the selectmen of the town with other responsible individuals were appointed to make suitable provisions for taking care of the sick. The success with which Dr. Thomson had met in curing this disease being known to some of them, led them to apply to him for his assistance. He was immediately sent for, and attended with all expedition. On consultation he agreed to undertake the task, on condition that he should have two men to assist him, which was complied with, and two good men were selected for that purpose, and he at once commenced his practice. In the course of three days he had thirty patients under his care. He says the cases were more distressing than any he had ever witnessed; but by persevering in his usual course, was enabled in eight days to completely subdue the disease; and all that he attended recovered except two, who were dying when he first saw them.

In this practice he gained much knowledge of the cause of this complaint; and satisfied his own mind that it was brought on by the loss of heat in the body, and canker. The stomach being so much disordered by cold, that it could not digest the food that was needed to maintain the inward heat; and this caused canker not only in the stomach but through the whole alimentary canal. He brought but little medicine with him and

had to make use of such articles as he could procure at the place. In describing his practice, he says he made use of red peppers steeped in a tea of sumach leaves sweetened, and sometimes the bark and berries, to raise the inward heat and clear off the canker, which had the desired effect. After taking this tea, those who were strong enough he placed over a steam, as long as they could bear it, and then put them in bed. Those who were too weak to stand, he contrived to sit over a steam; and this was repeated as often as he thought it was required. To restore the digesture he made use of a syrup made of the meats of the black cherry stones with a tea of black birch bark, to a quart of which was added three ounces of sugar; this syrup was given freely and had a very favorable effect. By this simple means he was able to check this formidable disease, and perform cures that seemed to the people to be miraculous.

He was sent for and attended in other towns in the same disease after this, with equal success. He also had put under his care a number of cases that were considered past cure, in all of which he was successful; but as it is our only aim to give information of his system of practice, in order to enable others to gain a correct knowledge of it, we shall give a description of such cases only as we think most important.

CHAPTER VII.

Practice continued. Some desperate cases cured, that were new to him. Persecutions and ill treatment from some of the regular doctors; and the cure of cases of consumption described.

Although in pursuing the practice Dr. Thomson met with the most extraordinary success, which gave general satisfaction to the people, in all places that he visited, yet he continued to be strongly opposed by many of the regular doctors, and that portion of the public, over whom they managed to exercise a powerful influence. This, however, did not prevent him from persevering in his course; and most of the people in all the places where he practised took a strong interest in his cause and seemed determined to support him. He continued to have as many patients as he could possibly attend upon, many of them of the most desperate kind; all of which he treated in the same manner, as he had heretofore done, by removing the cause of disease and restoring the digesture, by such simple means as he then had a knowledge of, making such improvements as he from time to time in the course of his practice, from experience, found to be useful. The success with which his practice was attended gave the people such confidence in his skill, that he was applied to by all those who had failed in getting relief from any other source. Many of the people, who had not a correct understanding of the natural and simple means he used to remove disease, were weak enough to believe that he could perform impossibilities and cure complaints that were beyond the reach

of human skill. This placed him in a situation much to his disadvantage, and caused him much trouble and perplexity; for if one out of hundreds that he attended happened to die, the circumstance was seized upon by his opponents, who circulated all kinds of false statements, that they could invent, to prejudice the public against him and his practice; at the same time they would allow him no credit for the numerous cures he made.

During the year 1807, he attended a great variety of cases, such as rheumatisms, consumptions, dropsies, fevers, salt-rheum, nettle-rash, or St. Anthony's fire, scrofulous humours, felons, &c. In all of which he gave great relief, and in most of them he effected an entire cure. He pursued uniformly his usual plan of treatment, in which he had before been so successful; which was to give the most powerful stimulants he had, to raise the inward heat, till by that and the application of steam, there was a free perspiration; then administered the emetic herb to clear the stomach and promote a natural circulation; after which he followed with the bayberry bark and other astringents, to remove the canker; and with tonics to restore the digesture. Injections were used when thought needed, especially when the bowels were affected; and the nerve powder was made free use of to quiet and strengthen the nervous system. This is what he has called in his system of practice, a regular course of medicine, and is what is meant when that is mentioned. This course he repeated as often as the state of the patient and the nature of the disease required, until all the difficulties were removed. By a steady perseverance in this plan, he was enabled to effect cures in numerous cases where all other skill had failed; and it is our serious belief, that if the same method is faith-

fully followed with judgment and discretion, it is not only safe, but more certain in curing disease, and less liable to injure the system, than any other practice yet known.

He had a great number of cases of chronic rheumatism, in which he met with remarkable success. This is one of the most painful and distressing complaints that the human family are afflicted with; and prevails to great extent in our cold climate. A large portion of the people are more or less troubled with it, especially the aged. It seems to be seated in the glands of the joints, which are obstructed by the cold, so that the blood does not flow freely in the parts affected, causing inflammation and swelling, when it becomes extremely painful. He found that his hot medicine, with steaming, was the only remedy in this formidable complaint; and was able in all cases that came under his care, by his common course of treatment, to effect a cure; though in those of long standing it was necessary to repeat the course a number of times. All this is easily avoided, however, by applying the remedy in the first stages of the complaint. The doctor has related several cases of this disease, which he cured by pursuing his common course of practice. One of them was that of an elderly gentleman, who had been laid up by it for two months, and was unable to move himself, without much suffering; by giving him three courses of medicine, he was able after three days attendance, to walk out; and in a short time could attend to his business.

The most important cases that were under his care, and in which his cures were considered the most extraordinary, were in that alarming complaint which goes under the name of consumption. It seemed to be the

settled opinion of all, even of the medical faculty, that where this disease, had become chronic, or permanently seated, and the lungs were ulcerated there was little or no chance for a cure. The very few cases of recovery, of those attended by the faculty, probably led to this conclusion; for their treatment of this complaint by the use of mineral poisons, opiates, and what they call the depletive course of practice, in all cases only tended to reduce the strength of the patient, and hasten the progress of the disease, till death only could put an end to their sufferings. The people were naturally much alarmed in all cases of this kind, and anxiously sought for any remedy that had the least prospect of giving relief. The consequence has been that the ingenuity of man has been exerted to the utmost, in compounding and offering to the public, the thousands of nostrums as infallible remedies in this disease; and as the articles of which they are composed are unknown to any but themselves, it cannot be viewed in any other light than an imposition practiced upon the people for their own profit; and only has the effect to relieve their pockets, without relieving them of their complaints.

These circumstances and the numerous applications he had from those labouring under this complaint, led Dr. Thomson to reflect seriously upon the subject, and to endeavour to ascertain its cause, as also the best means by which it might be cured. To do this he had no other way of coming to correct conclusions, than by the knowledge he had gained by practice, and the exercise of his own mind. He took for a guide his own theory, that all disease originated from one general cause, that is, obstructions occasioned by cold, or lessening of the power of vital heat in the part affected; and that the only dif-

ference between this alarming complaint and all other acute attacks of disease, was in its locality and symptoms. He thus came to the conclusion that the only way to effect a cure was to remove the cause, by administering such medicines, and making use of such means, as would aid nature in clearing the system of all obstructions, throwing off the morbid matter by perspiration, and restoring the digestive organs, so that food would maintain the natural heat of the body. He also satisfied himself by his practice, that in all cases of this kind, where the patient had not been so reduced by improper medical treatment, that nature had given up the contest, and the vital spark had become so nearly extinct as to make it impossible to rekindle it, a cure might be effected with as much certainty, as in most other cases of chronic disease. That his opinions were correct has been abundantly proved, by the extraordinary and numerous cures that have been effected by his practice, most of them where all other means had failed.

During the year 1808 he had a great number of cases of consumption, in all of which he met with remarkable success. Many of them had been given over by the doctors as incurable; and to give an idea of the difference between his practice and the success which attended it, and that of the regular doctors, we shall give a description of some of the most important cases. He was called upon to attend a married lady who was considered in the last stages of a consumption. By the account she gave of her case it appeared that it had been brought on in the following manner. She had been formerly afflicted with a scrofulous humour, which made its appearance on her hands, and though troublesome caused her not much inconvenience. She applied to a doctor for

his advice, who directed her to make use of a sugar of lead wash. This drove the disease from her hands to her lungs, and she had been from that time in a decline, and had now very little hopes of ever being any better. The usual course of medicine was administered, which had a very favourable operation; and by continuing them occasionally, with the use of tonics to restore the digesture, she was in the course of a few weeks restored to health. This case shows the danger of operating upon the effects of disease, instead of removing the cause; or cutting off the limbs instead of applying the axe to the root of the tree. There can be no doubt of the fact, that a large proportion of cases of consumption, as well as other settled complaints, are caused by the external application of poisonous substances, which check perspiration, and turns the course of nature from the surface inwardly, when the disease becomes seated in some one of the vital organs. The same effects may be produced by administering the same kind of medicine inwardly.

In the course of the same year he had a case of consumption which caused more talk, and produced a greater excitement than any that he had before attended. The person labouring under this disease was a baptist minister, who was very much respected and beloved by his society, and their anxiety was very great about him. Dr. Thomson says in his Narrative—"I found him very weak and low, in the last stages of the disease; all hopes of a recovery were at an end; his doctors had left him as incurable. He asked my opinion of his case; and I told him I could not tell whether his cure was possible, till after trying the effects of the medicine. He expresed a strong desire that I should undertake with him; but I

declined doing any thing until he consulted his deacons and other members of his Church and their advice taken; which being done, they offered no objection, but wished him to act his own mind, and whatever the result should be, they would be satisfied. He replied that he was convinced that he could not live in his present situation more than a week, and therefore his life could not be shortened more than that time; and it was his wish that I should undertake to cure him. His strength was so far exhausted, that it was with the greatest exertion and difficulty, that he was able to sit up a few minutes each day to have his bed made.

"I gave his friends as correct an account of his disorder and the operation of the medicine as I could; and expressed my own feelings of my responsibility in the undertaking; but they assured me that let the result be what it might, they should be satisfied. On these conditions I undertook, and told them that twenty-four hours time would decide whether he lived or died. I began to give the medicine in the morning, which had a very calm and easy operation. The emetic herb operated very gently, and threw off his stomach a large quantity of tough phlegm, resembling the white of an egg; the perspiration moved favorably on, and was free; the internal heat produced by the medicine fixed the determining powers to the surface, and threw out the putrefaction to such a degree that the smell was very offensive. The patient had a brother present who was a doctor; he observed that he did not know whether the medicine made the putrefaction, or whether it made visible what was secreted in the body; but he was soon convinced on that head, for when the medicine had cleansed him, all the putrid smell ceased. While the medi-

cine was in its greatest operation, the perspiration brought out the putrid matter to such a degree, that the nurse was so affected by it when making his bed, that she fainted and fell on the floor.

"After attending upon him about three weeks, he was able to set up two or three hours each day; his food nourished his body, and his strength gained very fast, considering the season of the year, which was December. I then gave directions how to proceed, and left him in the care of his family; and on visiting him in the spring, found him so far recovered as to be able to ride out, and he was in good spirits. He soon gained his health and was able to attend to all his duties for many years afterwards." A number of other similar cases might be given, but they having been all treated in the same manner, and terminated with the same results, it could not communicate any thing new that would be useful.

During the year 1809 he suffered many severe trials and persecutions from some of the faculty and others, who seemed determined to destroy him and stop his practice; but he continued it whenever called on, with the same success that had heretofore attended him, and relieved a great number, who were given over to die by the regular doctors. The following case we think worthy of a description. It was that of a young woman, who had been confined to the house for four months with the consumption. She was very much emaciated, and had a violent stricture of the lungs, which was so severe that she said it seemed to her that there was a string that drawed her lungs to her back; this caused a dry, hacking cough, which was very distressing. Every thing that had been done for her seemed only to increase the

difficulty. Dr. Thompson says that he had very little hope in her cure; but the young woman was so urgent, and seemed to have such strong faith in his practice, that he with reluctance was induced to undertake with her. She said that she wished it might either kill or cure, for she had no desire to live in the situation she was then in. Her courage was very great, and she took the medicine and followed all the directions with much perseverance. His usual course of practice, was followed with great zeal for about six months before the medicine could raise the inward heat sufficiently to hold more than six hours. She then had what was considered a settled fever, which much alarmed her friends, as they thought she would certainly die; but the doctor was sent for, who told them there was no cause for their alarm, for it was the first favorable symptom that had taken place; as it gave evidence that the inward heat had gained the power over the cold. After this she soon gained a comfortable state of health, much to the astonishment of all her friends; which she continued to enjoy, till about the same time next season, when she had another turn of the fever. He attended her and gave his usual course of medicine, and raised the vital heat till it completely overpowered the cold, when she was entirely cured, and ever after enjoyed good health.

One other case will be given, being rather of an extraordinary nature, for the purpose of showing the absurdity and bad consequences attending the fashionable mode of practice, very often resorted to by the faculty, of bleeding. A young woman applied to him who had for a long time been much troubled with bleeding at the stomach. She stated that she had been bled by the doctors forty-two times in two years; and that they had bled

her seven times in six weeks. He found her in a miserable condition; she had been so drained of her blood, that the veins and arteries had become so contracted that they held very little of that vital fluid; and the heat and circulation was so much diminished, that water had filled the flesh, at the same time what little blood there was rushed to the face, and gave a deceptive appearance of health, while the extremities were cold. He carried her through a regular course of his medicine, which caused a natural circulation, and kindled heat enough in the body to expel the useless water, which left room for the blood to circulate through the whole system, instead of circulating as it had done before only in the large blood vessels; and they being so much extended by there not being heat sufficient to give it motion; which leads the doctors into the erroneous idea, that there is too much blood; and they resort to the practice of bloodletting, which reduces the strength of the patients, and increases the disease. As soon as the medicine had its full operation, so as to cause a natural and free perspiration, her appearance exhibited the true state of her case; for instead of being so fleshy as she had before appeared, she seemed to have fallen away, and had become quite emaciated; but when the digesture was restored, so that food could nourish the body, she gained her strength and flesh, and in a short time completely recovered her health.

CHAPTER VIII.

Remarks on consumption, with a description of the symptoms, cause, and the different parts of the body affected.

THERE is probably no disease that has been more generally fatal in our cold climate, than what goes under the name of consumption. The bills of mortality show that there are more deaths among adults caused by this than any other complaint. The meaning of the term is, a general wasting away of all those energies that sustain life. For this there must be some direct cause; for it certainly cannot be supposed that this decay is natural; especially before the patient has arrived at the meridian of life. We write with a sincere and honest desire to give useful information, and direct the mind to an enquiry into natural causes and effects, and to a knowledge of the truth; which may be easily understood by all, if left free from the shackles of visionary theorists. In giving our views on this important subject, we are governed altogether by the information obtained from Dr. Thomson, in the long intercourse we had with him, while preparing his first book for publication, and by the exercise of our own reasoning faculties. From all the facts we have been able to obtain, and from a careful consideration of the subject in all its bearings, we have decidedly come to the conclusion, that the fatality that has heretofore attended this alarming complaint, has been principally, if not entirely, caused by the unnatural practice of the medical faculty. In proof of this we need no better evidence than the remarkable success that has uniformly

attended the Thomsonian practice; for of all the numerous cases that have been faithfully treated in that way, not one in a hundred have failed of success. Besides this, we have the written opinions of all the most eminent physicians, and those who have had the most experience in practice, to sustain us.

In order to give a correct understanding of our views in giving a description of this disease, we shall make a division of the subject as follows: viz.

1. Consumption of the lungs, (phthisis pulmonalis,) the symptoms of which are a cough and raising of purulent matter from the lungs, attended with hectic fever; which is followed by an ulceration of the lungs and a general decay of the whole system.

2. Consumption of the liver, (hepatitis,) or what is commonly called by the doctors, liver complaint. The symptoms are, in the first attack of the disease, inflammation and acute pain in the parts affected; commonly in the right side, difficulty in lying on the diseased side; dry cough. When the disease becomes settled, or chronic, these symptoms in a measure cease, and large abscesses form on the liver; secretion of bile interrupted; high coloured urine; loss of appetite; tendency to melancholy.

Agreeably to the Thomsonian theory, these complaints both arise from the same cause, differing only in locality and symptoms; that is, obstructions in the parts affected, caused by cold, or loss of vital heat; and like all other acute attacks of disease, may be easily removed; by using heat as a friend, and increasing its powers, till it overcomes the enemy, which is cold; but when the disease has become seated, and canker has commenced its operations, which causes the abscesses, or ulcers; or

when the same effect is produced by administering mineral poisons and other means to kill the fever, or heat, it will be much more difficult to effect a cure; and will require a regular course of medicine; to be repeated till all obstructions are removed, and giving tonics to restore the tone of the stomach so that food will maintain life by being properly digested, and affording nourishment to the body, and producing a healthy action in all parts of the system.

In one of the interviews we had with Dr. Thomson, when explaining the cause, and giving his directions for curing this disease, we distinctly recollect his making the following statement, which we think of importance to be preserved. That in all the experience he had gained from practice, in cases of consumption, in those where there was ulcerations and bleeding at the lungs, he met with much less difficulty in effecting a cure, than where this was not the case. His reasons were that these symptoms gave evidence that there was a natural heat, though in a disturbed state, an increase of which was all that was wanted, to expel the cold, remove all obstructions, and restore a healthy circulation. Astringents will stop the bleeding, which is caused by the canker eating off the small blood vessels of the lungs. That these symptoms caused great alarms; but he soon proved by his practice that there was no grounds for them; for as soon as the operation of the medicine produced a free perspiration, and a natural circulation of the blood, all fears were banished from the minds of the patients and their friends. He also stated, that in his practice he always found that in those cases where there was little or no evidence of inflammation, and the whole system seemed to be prostrate from want of vital heat, in

consequence of cold having gained the complete control over it, there was great difficulty in arousing the energies of life, to such a degree, as to hold for a sufficient length of time, to enable him to remove the obstructions, and restore the digesture, so that food would afford the nutriment necessary for the support of the body; and it took a long time, with a steady perseverance in his usual course of practice, before a cure could be effected. These cases he was satisfied were caused by the fashionable practice of bleeding and giving mercury and other poisons, which reduces the vital powers and strengthens that of cold.

Consumption of the lungs appears to be a disease materially differing from all others, both as to its cause and the symptoms that usually attend its progress. The peculiar construction and the duties performed by the lungs, renders them more liable to disease than other of the vital organs. Air is constantly passing into them, either pure or impure, and the various changes of its temperature render them at all times liable to disease; but to prevent these difficulties, there are guards placed which are always at their post, to ward off approaching danger, and enable nature to restore the parts to a healthy state; except in those cases where the system is generally affected, by perspiration being stopped, and a want of proper tone in the digestive organs. In which case there will be needed such medicine as will remove these difficulties by aiding nature, or heat, to regain its lost power over cold.

In respiration we all know that the air passes through the wind pipe into the lungs, where it imparts its oxygen to the blood and prepares it for circulation; the impure air then passes out through the same channel, and the

cold air rushes in to take its place and repeats the same office; this is what we call breathing; without which life could not continue. The windpipe has a great number of appendages, such as cartilages, ligaments, muscles, and a variety of vessels, communicating with the lungs and other parts; with glands and ducts, to secrete and hold in deposit all those juices needed for a healthy action of the parts. Before it enters the thorax, or trunk of the body, it divides into two parts, one of which goes to the right and the other to the left lobe of the lungs. The interior of this pipe is so constructed, that nothing but air can pass below a certain point; for if any substance should do so and enter the lungs, it would cause instant death. There are, however, certain vessels that extend through the lungs and communicate with the windpipe; through which they discharge into it whatever matter may there accumulate, either from its being diseased, or from what perspiration may not be able to throw off, from whence it is raised and discharged from the mouth by a cough. When this cough has continued for a time it becomes as it were a second nature, and is indispensably necessary for the continuance of life, as it acts as a pump to discharge from the lungs and glands of the windpipe, the morbid matter that there collects, which would be dangerous to life, if it was not in this way removed; and it should be treated as a friend, by using such stimulants as will tend to loosen the phlegm, and cause it to perform its office with as little inconvenience and distress as possible, till the cause can be removed. There are other cases of disease, that are attended with a cough, which are produced by obstructions in the glands of the throat and windpipe, caused by cold; but if the cause is removed by raising the

heat till it overpowers the cold, the cough will soon cease to be troublesome.

It is pretty generally believed that most cases of this complaint as well as many others, are, in the first instance, caused by what is termed taking cold, or as we should say loosing heat; when the whole system will become more or less affected, according to the violence of the attack, and more particularly the glands and other vessels of the throat, nose and eyes; from which there will be an unusual discharge of mucus, attended with a cough. Perspiration having ceased, the morbid matter that is usually thrown off by that evacuation, collects in different parts of the body, causing obstructions, interrupting a healthy circulation of the blood, and if not removed, a settled disease. This generally fixes on the vital organs, and the lungs, as has been before stated, being more subject to disease than the others, are most likely to become the seat of such chronic cases of complaint. The best, and we think the only remedy, in this state of the system, is to make use of such means as will open the pores, which can only be done by administering such powerful stimulants, as will raise the inward heat, and at the same time by shielding the body from the surrounding cold air, when a lively perspiration will take place. After this, by taking proper precautions against exposure, nature will be sufficient to restore all the functions to a healthy state.

The foregoing remarks, although they refer more particularly to this disease, are applicable to many other complaints which originate from the same cause, and the symptoms may appear similar in the first stages of the attack; it follows of course that the same means should be pursued to effect a cure as has been before

directed. There are cases of pulmonary consumption that are caused by a reaction, in the course which nature provides to throw off and cleanse the blood from all poisonous and impure matter, by the power of inward heat forcing it to the surface, where it often becomes seated in the glands of the skin, causing a scrofulous humour. This is also the case with all those cutaneous complaints, which the system is liable to be afflicted with, that terminate in eruptions of the skin ; such as small-pox, measles, chicken-pox, &c. In all cases of this kind, if the determining powers are kept from the centre to the surface, the disease will pass off without difficulty, and the general health will be improved by it. This can only be done by administering such stimulants as will keep the pores open, and by shielding the body from the surrounding cold air. In obstinate cases the steam bath should be used, keeping up at the same time as much inward heat as possible.

But on the contrary, if the operations of nature are checked by cold, or the application of poisonous washes are made to the surface, so as to stop perspiration and increase the power of cold to that degree as to wholly change the course of disease, by turning it from the surface to the centre, the virus or poison will return inward, and become seated on some of the vital organs, when it will be most likely to cause a very dangerous if not a fatal disease. Similar effects are produced by bleeding and giving calomel, or other poisonous minerals, which lesson the power of vital heat, and tend to increase the disease by turning the current inward. Any kind of physic will produce the same effect. When the lungs become the seat of this difficulty, it is the

cause of what it is usual to call a galloping consumption, and if the disease is not immediately removed, usually terminates by death in the course of two or three weeks. It sometimes happens that this virus or poison becomes seated in the internal glands, or other parts of the abdominal region, where it remains dormant for a long time, and the patient will continue to be in a miserable state of health for many years; and a restoration to health will not take place till it is again driven to the surface by the power of heat, and expelled by that course nature designed it should be. In all cases of this kind the only chance of a cure is by a regular course of medicine, to be repeated as often as the patient can bear it, and a steady perseverance in the use of every means that can be employed, to raise the inward heat as high as possible by stimulants and by the aid of the steam bath, till the morbid matter is thrown out of the system, when a natural circulation will take place; and then to be followed by tonics to restore the digestive organs.

Consumption of the liver, it would seem, is a complaint of modern date, as there is no mention of it we believe by medical writers till of late years. That the liver is liable to obstructions and consequently of disease, as well as all the other organs, there can be no reasonable doubt; but we see no reason why it should become the seat of a settled chronic disease more than other parts of the internal region. Yet there are few complaints that cause more alarm, and which are attended with more serious consequences, than what the regular doctors have given the name of "liver complaint." They are in the habit, when they find a patient labouring under a difficulty which is beyond the reach of their

knowledge, to give it a name; which is generally fixed upon from some apparent symptom, and this afterwards becomes the fashionable name for all cases of a similar appearance; and they therefore prescribe for the name of the disease, without any regard to the primary cause; instead of using such remedies as would remove the obstructions and restore the vital action. We have abundant reason to believe, that most if not all the cases of a diseased liver, are caused by the unnatural practice of the faculty; for they invariably adopt the depletive plan, bleed and give small doses of calomel, as much as the patient can bear without causing salivation. This may ease the pain for a time; but does not remove the cause of disease; and the consequence is that cold and canker become seated, ulcerations are formed, and it becomes a settled disease; and is what we have given the name of consumption of the liver. If the proper means are used when the first symptoms are manifested, by raising the inward heat till a free perspiration takes place, this would never be the case.

The doctors say that nothing will remove this complaint but mercury; they therefore in all cases administer calomel or the blue pill; but the little success they meet with, we should suppose would be sufficient to satisfy any one, that this conclusion of theirs, as well as their practice, is founded in error. The Thomsonian practice has abundantly proved, that a diseased liver can be cured with as much certainty as most other complaints; and in its first stages without any difficulty, and in a short time; even in what have been considered desperate cases, where the patients have been run down with the mercurial treatment and left hopeless, they have in numerous instances been greatly relieved, and have

recovered a comfortable state of health, if not entirely cured, by a faithful perseverance in the Thomsonian mode of treatment. Numerous cases might be given if thought necessary in support of the above opinion ; but we shall state one only, which was attended under our own direction, and we can therefore vouch for its truth. A young lady aged 20, had what was pronounced to be a liver complaint ; and was attended by, as was thought, the best skill of the medical faculty. They prescribed their usual course of treatment, that is, bleeding and calomel ; which was followed for about five months, she constantly growing worse : and was given up as incurable. She was reduced to a very low state, the pain in her side was severe, and she was able to sit up but a few minutes at a time, from extreme weakness. In this situation, having no other hope, resort was had to the Thomsonian practice. After three courses of medicine, which were cautiously, but faithfully given, she was able to be about and attend to some light work ; and in six weeks, by occasionally repeating them, with the aid of restoratives, she recovered a comfortable state of health, which has continued to this time. In this case great benefit was had from the steam bath, the effects of which seemed to be miraculous ; by increasing the vital energies, throwing out the morbid matter that the mercury had caused and left in the system, and restoring the secretions to their natural state.

The structure and action of the liver materially differs from the other organs, inasmuch as it differs from them in all those duties it is designed to perform in sustaining the living principle. It is composed of glands for the secretion of bile, and is supplied with veins that convey the blood from the lower belly to it, for the pro-

duction of bile; and with arteries which afford nutrition. It differs from all the other organs in one particular; for in the circulation of the blood through the glandular parts, it has no aid from arterial action; and is therefore very slow, to give time for secretion of bile. This is one of the singular parts of the animal economy; nutritions and secretions of the various organs, are always supplied from the arterial blood, and the circulation kept up by arterial force, this of the bile only excepted. It therefore follows of course, that the liver, though not so subject to inflammation, is more liable to obstructions from cold, than the other organs. The length and minuteness of the blood vessels that are connected with the liver for the secretion of bile, are not equalled in any other part of the whole system; this accounts for the slowness of the circulation of the blood in that organ; and the danger of disease and pain from unnatural arterial action, caused by mercury and other poisons. There can be little doubt of the fact, that from this cause arises the melancholy, langour, despondency, and sometimes delirium, that accompanies this complaint; for it is generally conceeded, that the liver is far more frequently the seat of mania and melancholy than the brain.

The duties performed by the liver, in secreting and supplying the bile, are indispensable to the sustaining of life; for without this aid the food taken into the stomach could not be prepared in a suitable manner for making the blood, which is the life of the whole animal creation. It is one of the principal digestive organs, without which the circulation, that affords heat and nutriment to every part of the system, could not be kept up; for a natural digesture and circulation, is the mainspring which keeps the machinery in motion. When, therefore, the

secretion and supply of the bile, is obstructed by cold or any other cause, so as not to afford a sufficient support to the blood, there will be a prostration of the strength, a general wasting away of the flesh, and the whole body will become more or less diseased. When in this situation nature requires the aid of medicine; and it would seem to be the dictate of common sense, that the only medicine that can afford the relief needed, must be such as will act in harmony with food, remove all obstructions, by increasing the vital energies, so that the great principles of life may be maintained in full vigour by nature herself. That the medicine and mode of treatment recommended in the Thomsonian practice will do all this, there can now be little doubt; and that they are more safe and certain of effecting a cure, than any other now known, is sufficiently proved by the success with which the practice has uniformly been attended; and also by the little success that has in almost every instance been met by the regular faculty. It is unnecessary to here repeat any particular directions for the treatment of this complaint. The common course of medicine must be relied on as the principal remedy, to be repeated when thought needed. Cayenne and lobelia, are the most powerful agents for removing the difficulty, and must be freely used, till the system is cleared from all obstructions; then follow with restoratives.

CHAPTER IX.

Remarks on consumption continued; with an account of a consultation held with the doctor in a desperate case, and his opinion in regard to the treatment of the disease, with its symptoms.

It is a generally received opinion that consumption of the lungs is hereditary; that is, that it descends from the parents to their offspring. That this is the fact we shall not undertake to decide; but we can conceive no good reason why it should be so. There is nothing in the nature of the disease that can be communicated to another except it be by the putrefaction caused during its continuance. That some families are more liable to this disease than others, there can be no doubt; for there have been many instances in which a part, and sometimes all the members of a family have died with it. This proves nothing more, however, than a predisposition to the disease, and not that it is hereditary or contagious. The facts above stated can be accounted for by a theory more reasonable, and more in accordance with natural causes and effects. No two bodies are fashioned exactly alike; and this difference of formation in the vital organs may be the cause why some are more likely to be predisposed to a particular disease than others. A different formation of the lungs, and the various glands and vessels connected with this organ, may make them more liable to consumption, than others differently constructed; and this peculiar formation will naturally descend from the parents to their offspring, who will more or less partake of it. It is reasonable to

suppose, therefore, that this circumstance is a cause why this disease should continue in such families. Admitting this to be the case, it is very important that all who are liable to this predisposition should use every prevention to guard against taking cold; and on the first appearance of any symptoms of this complaint, to take early measures to stop its progress, by keeping the pores open, and the circulations correct. If the symptoms indicate a settled disease, it will be best to go through a regular course of medicine; be careful about taking into the lungs cold air, which will produce irritation and increase the disease; use no means to stop the cough, but promote it by relaxing medicine; till the cause is removed. By these precautionary measures, the disease may be prevented from becoming settled; and a comfortable state of health may be preserved to the patient.

There are other cases of disease in which the same predisposition may exist, and in which the same principles will apply with equal force, such as the gout, asthma, &c., in which similar precautionary measures should be taken to ward off approaching danger, by which means there can be no doubt much suffering may be avoided. It is a well established fact, that children often inherit from their parents a diseased habit of body, which may continue during their lives; but this is of a different nature from what we have before stated. It is, no doubt, communicated by the mother, while bearing them; and is caused by some virus or poison, with which her blood is impregnated, such as scrofulous humours, venereal taint, and others caused by mercury and other poisons, that remain in the system. In all cases of this kind it is of the greatest importance, that mothers, during pregnancy, should be thoroughly cleared from them

by courses of medicine: and the child after it is born should be treated in the same manner, as far as it can bear it; in order to eradicate from its system any taint that may remain.

We have said much more on the subject of consumption than was at first contemplated; but the frequency of the cases of this alarming disease, and the numerous instances of its fatal termination under the treatment of the faculty, make it of the greatest importance that the people should be correctly informed on the subject, in order that they may be enabled to check it in its first stages, by a safe and simple remedy that is always within their own reach; for we hold it as a wise maxim, that it is far better to prevent disease than to cure it. It is also important that their minds should be relieved from all apprehension of its fatality; by being convinced of the fact, that it can be cured by the botanic system of practice discovered by Dr. Thomson, in all cases where the patient is not reduced so low as to be beyond the reach of any remedy. If what we have said on this subject should in the least degree have a tendency to throw such light on the minds of those who read it, as to enable them to relieve themselves and their neighbours from disease, and thus lessen the sum of human misery, we shall feel amply rewarded for our labours; and in this hope we leave it for experience to decide how far our views are founded on correct principles. If they are found to be correct as to the consumption, they will be also found to be applicable and useful in all other complaints; for, according to the Thomsonian theory, all disease originates from one general cause, and can only be cured by one general course of treatment.

Before closing on this subject, we shall take the op-

portunity to make some remarks, and give such information as we think will be found useful to all, and more particularly so to those who follow the practice. That is in regard to a correct knowledge of the state of the patient in cases of consumption; for when any one undertakes to cure the disease, and gives promises of success, without knowing what progress it has made, and how far the natural functions can be relied on to sustain the vital action, they may meet with disappointment and mortification by a failure. To judge correctly on this head it requires experience; but a pretty correct idea can be formed by the effect produced by the medicine; this, however, depends very much on the judgment, and nice discrimination of the one who has the charge of the case. There has been some few instances in which a cure has been undertaken when the system has been so much reduced as to render it impossible, which have terminated fatally. This has done much injury to the cause; for all such cases have been seized upon and published to the world by the enemies of the practice, in order to prejudice the people against it. It is best, therefore, to give no encouragement in cases where appearances give little or no evidence that a cure is practicable; and only direct such paliatives as have a tendency to make the patient more comfortable.

In order to give Dr. Thomson's own views on this subject, we will state a case that he attended as an adviser, to which we had the pleasure of being present; and as it is well known that all his conclusions have been drawn from a correct source, and are founded on his own experience and observation, we consider them the best authority that can be offered. A gentleman of respectable standing in society had been for a long time afflicted

with the consumption of the lungs, and had the attendance of the most celebrated of the faculty, without any benefit, till his case was pronounced hopeless, and was left by them to the gradual decay of the disease; until death should terminate his sufferings. In this situation some of the friends of the family recommended the Thomsonian mode of treatment, when a young man who had some knowledge of the practice, undertook the cure. He gave the medicine, which afforded some relief; but it was soon found that it did not remove the cause. Under these circumstances the family expressed a strong desire to have the advice of the old doctor; but at this time it was well known he had declined attending upon the sick, on account of ill health, being worn down by his long continued practice. We were applied to for the purpose of using our influence with him, (which was at that time much greater than it has since been, for which we know no reason,) and after some persuasion he consented to attend. During the visit our attention was more fixed upon the doctor than on the patient, for the purpose of endeavouring to learn his thoughts from his actions, as we well knew that his manner of communicating them by words was peculiar to himself. He examined the patient with considerable scrutiny, asking several questions of him and of the young man who attended him; felt of his hands and arms; corded the wrist by grasping it with his hand, to ascertain the state of the circulation, which is his practice, instead of feeling the pulse. We felt satisfied in a few minutes, that his opinion was made up, and that there was no chance for a cure. He gave some directions in regard to keeping his cough loose, by giving the tincture and other articles, to enable him to raise easy; and in fact to do all they could

to alleviate his sufferings; when we left him. On going out the wife accompanied us, and before opening the front door, she with much feeling requested the doctor to give her his opinion without reserve, of what he thought of her husband. The doctor in a very candid and kind manner, told her that he could give her no encouragement for his recovery; that if the attempt had been made sooner there might have been some chance of a cure; but it was now too late. She thanked him for his visit, and for his candour in telling her what he thought to be the truth, for which her mind had been made up to expect. The gentleman died shortly after.

When we had left the house considerable conversation was held on the subject, and we made many inquiries of him in regard to the manner in which he had ascertained the state of the disease in this case, and why he had come to the conclusion that it was incurable. We felt a strong desire to get from him such information as would not only satisfy our own curiosity, but be useful to others. In this we were not disappointed, for he communicated freely his ideas on this and similar cases, founded on the knowledge he had obtained from long experience. He said that the person who had undertaken this case had done very wrong in giving encouragement of success without a correct knowledge of the state of the patient, and the progress the disease had made. In ascertaining this there were various ways, yet much must depend upon the judgment; but the best and safest is, to give the hotest medicine and watch the effect; if it produces perspiration and increases the circulation, proceed with a full course of medicine; and if after waiting a suitable time, say twentyfour hours, there should appear to be no improvement, or rather if the patient should fall back

to the former state and appear more feeble, the conclusion may be reasonably formed that there is little or no chance for a recovery from the complaint; as it gives evidence that the natural energies are too far exhausted to afford a foundation to build upon. If on the other hand there should appear to be the smallest gain, and heat would hold so as to keep up a free and natural perspiration till the digesture could be restored, and enable food to supply that nutriment which is necessary to sustain and continue the vital action, he had in every such case been successful in effecting a cure. He also said, that these same indications may be relied on as a test in all other cases of a settled disease, particularly in those where the system had been run down by bleeding and giving mercury or other poisons.

In regard to the case then witnessed, he said that the symptoms of the patient were altogether unfavourable; that although the vital spark had been somewhat aroused by the medicine, yet there was not fuel sufficient to maintain the inward heat, to such a degree, as to overpower the cold; therefore the circulation of the blood was feeble and only in the larger blood vessels, affording no heat and nutriment to the extremities. That there was on the skin a clammy cold matter, which was quite sticky to the hand when felt of; caused by the effort nature made to throw off through the pores all offensive substances; but there was not a natural perspiration. This he viewed as a deathly symptom, and in which he had never been mistaken. That his cough was gradually failing, so that it was with the greatest difficulty he could raise from his lungs the mucus that was constantly accumulating, and when this entirely stopped, life could continue but a short time.

CHAPTER X.

Account of a visit to New York, to gain a knowledge of the nature of the Yellow Fever. His experience there in regard to disease and food; with a continuation of his practice nearer home.

It had been at all times a great object with Dr. Thomson to gain information of the nature of every description of disease to which the human family were liable; and to seek for and ascertain some means by which it could be cured. Whenever a new disease made its appearance, or any epidemic prevailed that caused alarm among the people, his mind seemed on the alert to learn its cause and symptoms, and to seek out a remedy that would not only relieve the sick, but that would put a stop to its progress. In this way he has gained all his knowledge of the nature of disease; and by the exercise of his ingenius mind in learning the properties and power of vegetable medicine, has been able, in all cases that have come under his care, to find a sure and safe remedy. In order to obtain a correct knowledge of the yellow fever, which had prevailed and been very fatal in our southern cities, he made a visit in the year 1806, to the city of New York for that purpose. He arrived there in the month of July, when the weather was very hot, and this disease was prevailing to a considerable extent. His first step was to apply to the city authorities and request of them an opportunity to try his medicine and mode of practice on some of the cases; but they took little notice of him, more than to say they had no objection to his trying, but that he could get no pay

by law for his practice, and referred him to the Board of Health, at the head of which was an eminent physician. He soon found out what he had not before thought of, that the whole business in regard to the disease and its treatment, was under the entire controul of the medical faculty; it would be fruitless, therefore, for him to make any further attempt to obtain his object, under the sanction and protection of the public authorities. This failure we are satisfied was a serious misfortune to the suffering people and to the world; for we feel confident in the belief, that if he could have had a fair chance to try the practice, his success in curing the yellow fever, would have convinced the public of its superiority over all others known, and would have given him a rank with the greatest benefactors of the age.

It had for a long time been his opinion, that the yellow fever was similar to that which had been common in the New England States, which had received its name from the same circumstance, that is, the different appearance of the skin; that the cause was the same, only differing in the different climates. As he had been successful in curing the spotted fever, he could see no reason why the yellow fever could not be cured by the same course of practice; and felt anxious to prove to the world, that his theory was correct; but if it was wrong, the only way to prove it would be by a fair experiment. Not having an opportunity for this as he wished, he had to content himself with gaining such light on the subject as accident threw in his way.

He remained in New York several weeks, during which time he lost no opportunity afforded him, for examining into the nature of the prevailing fever, and also of all other complaints incident to large cities, and ascer-

taining their cause; all which tended to fix his mind more firmly in the belief, he had before entertained, that all disease originated from the same cause, that is, cold, or the loss of inward heat; that they differed only in their locality and symptoms, which has given rise to the variety of names which have been given them by the faculty. He was called upon to attend a case of what was pronounced by all who saw it to be the yellow fever. He says in his narrative the man was violently attacked about noon; his symptoms were coldness and shivering, and had no pain; his eyes were half closed, and appeared like one half asleep; in two hours after the attack, he had lost nearly all his strength. He began with him by administering the hottest medicine he had, to raise the inward heat and overpower the cold; and in about an hour after, he began to grow warm and the pain was very severe, which continued till the perspiration appeared, when he became easy, and the next day was well enough to attend to business. In this case like all those he had before attended of the spotted fever, cold plague, and other sudden attacks of disease, the cold had overpowered the heat, when sensation had ceased, and of course there was no pain; but as soon as heat began to increase so as to be able to contend with the cold, sensation returns, and the pain will be very severe till perspiration takes place.

He also had a case of the fever-and-ague, which was somewhat new to him, and he was therefore induced to pay particular attention to all its symptoms, in order to learn the nature of this complaint. The patient had been sorely afflicted with this disorder for about four months, and could get no relief. In closely examining into the case, he found that it gave a complete view of his

theory of heat and cold; for there appeared to be about an equal balance between the two, heat keeping a little the upper hand. When cold prevailed there would be ague fits, with a sensation of cold chills and shivering; but when heat gained the ascendency, there was considerable inflammation or fever, which would drive out the cold for the time, and the ague fits would cease. These turns generally take place either every day or every other day; and as long as this continues to be the case, they remain neither well nor very sick; but entirely unable to perform any kind of labour. From what he witnessed in this case, he came to the conclusion, that the only chance for a cure was to follow the indications that nature pointed out, and lend her a helping hand to subdue the enemy, cold; to remove all obstructions caused by it, clear the system of canker, and then by restoring the digesture, she would be reinstated in complete control of her empire. To effect this he administered his usual course of medicine, and continued his common treatment for four days, when the patient was completely cured, and had no more attacks of either the fever or ague. Afterwards he had much experience in this complaint, particularly in the Southern and Western States, where it prevails to a great extent; and also on the Lakes, or where there is much stagnant water; all which has convinced him that the opinion he had formed of this disease was correct.

In the Western States the people are subject, in the autumn of almost every year, to violent attacks of what the faculty call a billious fever; their practice is in such cases to bleed and give calomel to break the fever; and if the constitution of the patient is strong enough to resist the disease and the doctor, they escape death at the

time; and the disorder becomes intermittant, or what is called fever-and-ague, which generally continues for a long time, if not during their lives. In these cases they seldom entirely recover their health; but continue to drag along a miserable existence; considering themselves in a measure safe, or at least not in danger of being attacked by any other disorder; for so long as heat can sustain the vital energies life will continue. Since the botanic practice has been introduced into those parts of our country where the above disorders prevail, it has been proved beyond a doubt, that they can be cured by it, with a certainty that has banished all doubt from the minds of those who have been witnesses of its extraordinary success. Cayenne and lobelia have been found to be a sovereign remedy, not only in these, but all other accute attacks of disease; without injury to the system, or leaving any bad effects behind.

While in the city of New York, he examined into their customs, habits, and mode of living; particularly in regard to whatever might have a tendency to produce disease among the people; and he has made some very just remarks in his Narrative on the subject of food, which we consider of importance, and shall, therefore, make the following extract, for the information of all those to whom it applies. He says, "while I was in the city of New York I took particular notice of their manner of living; and observed that they subsisted principally upon fresh provisions, more particularly the poorer class of people; who are in the habit in warm weather of going to market at a late hour of the day, and purchasing fresh meat that is in almost a putrid state, having frequently been killed the night previous, and being badly cooked, by taking it into the stomach, will produce certain disease; and I am

convinced that this is one of the greatest causes that those fatal epidemics prevail in the hot season, in our large seaports. Mutton and lamb is often brought a great distance from the country, and having been heated and fatigued, then are cooled suddenly, which causes the fat to turn to water; and often when killed, are in almost a putrid state, and the meat is soft and flabby. Such meat as this, when brought into the market on a hot day, will turn green under the kidneys in two or three hours, and taken into the stomach will putrify before it digests, and will communicate the same to the stomach, and the whole body will be so affected by it, as to cause disorders of the worst kind. If people would get into the practice of eating salt provisions in hot weather, and fresh in cold, it would be a very great preventive of disease. One ounce of putrid flesh in the stomach is worse than the effect produced by a whole carcass on the air by its effluvia."

It has at all times been a favourite study with Dr. Thomson to learn the nature of every article used as food as well as that of medicine; as without the former life could not be maintained at all, and the latter is only needed to remove disease, and assist the former in supplying that nutriment to the body, which is needful in maintaining the great principle of life. In fact this theory is the foundation of his whole system of medical practice. The first object in all cases of disease is to remove the cause, by such medicine as is best calculated to effect that object and restore the digesture; then to follow by supplying the stomach with suitable food for nourishing the body and maintaining that heat on which life depends. His opinions upon this subject are valuable as respects the sick, for his practice led him to pay

particular attention to it; but he found it very difficult to fix upon any precise rule that would be of much advantage; for people differ so much in their habits, tastes and appetites, and also in the particular state of the system at the time, that it would be impossible to adopt any plan that would be useful, as what would suit one might be injurious to another. He has, therefore, left it to the judgment and discretion of the patients to decide for themselves; and only says in his general directions, that they may eat any kind of nourishing food that their appetite craves; with the caution, to select such as is the easiest to digest, and not to overload the stomach by eating too much at a time. This is a good rule and perfectly safe.

On returning to his home he was again applied to by those who were afflicted with disease; most of the cases were such as had failed to get relief from the more fashionable practice; for it was their general custom, in the first attack of disease, to send for one of the regular doctors, and when they had been run down by their practice, and considered past cure, the steam doctor was applied to as a last resort to save their lives. When he attended and relieved them of their complaint, they were unwilling to reward him for his labour, or even to give him any credit for his skill. The doctor got his pay for making them worse, and often got the credit of the cure, by circulating a report that the patient was getting better and would have recovered under their treatment; and in this those who were relieved, and their friends, were often ready to join. Such kind of treatment was discouraging, and the consequence was, that Dr. Thomson refused to practice among those who had used him in this way, and only attended on such as duly appre-

ciated his system of practice, and were friendly. He had, however, many of the most desperate cases, in his neighbourhood and the adjoining towns, in all of which he had the most decided success in effecting cures. The complaints were in most cases such as were common to the country, and were caused by the loss of heat, in the first instance, and then by neglect, or erroneous treatment, had become chronic. By giving such medicine as would raise the inward heat and remove the canker, the patients were in a short time restored to health.

In consequence of the treatment he had received near home, and to relieve his family from the burthens they had for a long time been subject to by having their house filled with the sick, he made up his mind to extend his practice to more distant parts of the country. He had before been sent for and had attended in places at a considerable distance from home, where his success had become known; and the remarkable cures he had performed, caused the people to be anxious to have him among them. His practice was therefore extended at this time to Vermont, the eastern parts of New Hampshire, Massachusetts, and in Maine, as far as Eastport, where he was sent for by the authorities and the principal men of the place, and where an epidemic had prevailed to an alarming extent. In every place that he visited all the most desperate cases were put under his care, and the success which attended his practice in curing those complaints that had before been viewed as incurable, not only gave perfect satisfaction to those who felt an interest in relieving the sick; but was hailed as the greatest blessing to the people. This success, however, was attended as it heretofore had been, by the most vio-

lent and unrelenting opposition from the regular faculty, and that portion of the people, who were misled and influenced by the misrepresentations they circulated to destroy him and his practice, root and branch; but the more intelligent and rational class in the community understood their designs, and came forward in support of the truth, and did all in their power to sustain him and the practice, which enabled him to continue his course in relieving the sick, and to introduce his system of practice among the people by giving such information as would enable them to relieve themselves and others from disease.

Although every description of disease came under his care, such as consumption, fevers of every colour and type, dropsies, cancers, rheumatism, canker-rash, erysipelas, salt-rheum, measles, and numerous other scrofulous complaints, he proved by the success of his practice, that all disease originated in one general cause, and that one general remedy is applicable in all cases; for he pursued his usual plan of aiding nature, by raising the vital heat, till its enemy, cold, was overpowered, then clearing the system of canker, and restoring the digestive organs. In the correctness of this theory, he became more and more convinced by his experience; for in no case did he fail in giving essential relief, and in most of them effected a complete cure. Such extraordinary success naturally led the people to have faith in his system of medical practice, and induced great numbers of them to adopt it, refusing all other means of cure, and seeking to gain a knowledge of it so as to enable themselves to become their own physicians.

He had through the whole course of his practice, free-

ly communicated a knowledge of his system, and of all the various methods he had adopted in curing disease, with a description of such vegetables as he had found by his experience, to be the best calculated for that purpose, and how to prepare and use them. For this information he had received no compensation, and for his practice his pay had been small, not more than sufficient for his support. This induced him to fix upon a new plan, by which he could obtain some more substantial remuneration for his labours than he had heretofore received; which was to sell family rights—that is, on the receipt of twenty dollars he obligated himself to communicate to the purchaser all the knowledge he possessed, or should afterwards acquire, in curing disease. Many of these rights were disposed of, by which means a knowledge of the practice became much more extended among the people. Heretofore in most of the cases Dr. Thomson had been in the habit of attending personally, and was obliged to be nurse as well as physician; but the practice had so increased, that he was compelled to instruct others as assistants, and employ them in such cases as he was unable to attend; and the success they met with in curing diseases, and some of them of the worst kind, is the best evidence of the superiority of the botanic practice; for with a limited experience and no knowledge but what they had from him, they could cure complaints that had been given over by the regular faculty.

Wherever Dr. Thomson went he was constantly employed in attending the sick, and the cures he performed gave the most complete satisfaction to the people. It will be unnecessary for us to follow him in all his career, and attempt to describe the numerous instances of

his success; but shall give only such of them as we think will convey the most correct understanding of the botanic practice.

CHAPTER XI.

Narrative continued, with a description of the cure of various complaints; such as measles, dropsy, cancer, fits, lung fever, wounds, &c.

Some mention has before been made of the measles; of cases that took place in his father's family; and of his mother's dying with this disease, in consequence, as he thought, of the treatment she received from the doctor who attended her. These circumstances led him to examine into the nature of this complaint, and he found by the experience he afterwards had in his practice, that it was not a dangerous disease if left to take its natural course, and the system properly guarded against the effects of cold. If the inward heat is sufficient to keep the perspiration free, and the body is protected from the external cold air, which always surrounds it, the disease will pass off without doing any serious injury; but if this is not the case, particularly about the time they make their appearance on the skin, or when physic is given, or any kind of mineral poison, which strengthens the power of cold, and turns the determining powers from the surface inwardly, the virus that causes the eruption, returns and mixes again with the blood, and not being

able to pass off through the pores, fixes upon some of the vital organs, most generally upon the lungs, when it becomes a settled and dangerous disease.

In the course of Dr. Thomson's practice, he says that he had a great many cases of the measles, and in all of them he was successful in effecting a cure, and that he has never known a single case that proved fatal, where his plan of cure has been faithfully followed. In the first symptoms he gave stimulants to keep up the inward heat, and kept the patients warm by shielding them from the cold air; and left the disease to take its natural course. If this had not been attended to, and the eruption would not come out, or after having made its appearance had disappeared and turned inwardly, and there was much distress, as is always the case, he immediately gave full courses of medicine, till they were relieved, which would be the effect as soon as it appeared on the surface. He says: "I once had a case of a young woman who had the measles; she lingered with the symptoms four or five days, and then became very sick, turned of a dark purple colour, and had a high fever. I gave her a strong dose of the canker tea, in which I put a spoonful of the seeds of lobelia made fine; this caused such a violent struggle as to make it necessary to hold her in the bed; but in about ten minutes she vomitted, and a perspiration took place, which was followed by the measles coming out, so that she was completely covered with the eruption. She was soon well and about her work."

Being in a neighbouring town on the Sabbath, went to meeting, and during the service a young woman was taken in fits, and was carried out of the meeting house. His curiosity induced him to go out and examine into the case, and by inquiry found that she had been sub-

ject to them for a long time. By the remarks he made and the opinion he expressed on the cause of the disease, led the friends to have faith in his being able to cure her of the fits, as well as other complaints with which she was afflicted; and in a few days after she was brought to his house for that purpose. He with considerable reluctance, it being a very bad case, agreed to do the best he could for her; and began in his usual manner to give her medicine. The first effect of the medicine was to cause her to have a strong convulsion fit; but it soon caused her to sweat freely, which was an end of her fits. By persevering in his usual plan of treatment, her perspiration became natural, and her other evacuations were regular; she soon recovered her health, and had no more fits afterwards. This, with other similar cases, that he witnessed, led his mind to an investigation of the subject, and ascertain the nature of the disease, and particularly the cause of those violent spasms which accompany this distressing complaint. The result was, that he became satisfied in his own mind, that this, like other violent attacks of disease, in the first instance, was caused by a sudden loss of the inward heat, in consequence of taking cold; when the perspiration ceases, and the whole system becomes disordered; the digestive organs are impaired, so that the stomach is not able to afford that nutriment to the blood on which life depends. To restore a healthy action all needed is to remove the obstructions caused by cold, by an increase of the inward heat, and giving power over the opponent cold; then by cleansing the stomach and restoring the digesture, all the functions that sustains the living principle, will perform their various duties, and maintain a proper balance of power in all parts of the body. He

found that fits were caused by a loss of this balance of power in the system, which operating upon the nervous system, so affects the muscular action, as to cause violent spasms. This he has fully proved by his practice; for in every case where the power of vital heat was sufficient to produce a natural circulation, the spasms were at an end.

He had, during the time he was in practice, many cases of that alarming complaint called cancer, in all of which he met with remarkable success in effecting cures. The opinion he formed of this disease was, that it was internal, and not external as had heretofore been supposed; and the only means by which it could be removed and a radical cure affected, was to cleanse the blood of the cancer taint, and restore the system to a healthy state. To do this he pursued his usual course of treatment, at the same time made such applications to the tumour as would dissolve and remove it. In this way he was able to cure all cases that came under his care, where the health of the patient had not been so far reduced by neglect or erroneous treatment, as to be past cure by any means, with as much certainty and as little difficulty as most other complaints. A few cases will be given for general information.

He was sent for to attend in the family of a clergyman in a neighbouring town, whose family were sick with the dysentary. After curing them all of this complaint, the wife stated to him that she had a cancer on her breast, and wished him to do something for her relief. He pursued his usual plan of treatment with her; left medicine and directions what to do in his absence; and on visiting her again found her health much improved, and the tumour considerably reduced, though it was then as

large as an egg; but by following his prescriptions, it was in a short time entirely dissolved, without causing any pain; she afterwards enjoyed good health, not being again troubled with the cancer.

In another case, he says in his Narrative, "I was sent for to attend a woman in the neighbourhood, who had been under the care of a celebrated doctor, for a cancer in her breast. He had tortured her with his caustics, till her breast was burnt through to the bone; and by its corrosive nature had caused the tendons to draw up into knots; he had also burnt her legs to the cords. She had been under his care eleven weeks; until she was much wasted away, and her strength nearly gone. In this situation the doctor was willing to get her off his hands, and wished me to take charge of her. After some hesitation I consented, and attended her three weeks, in which time I healed up her sores, and cleared her of the humour so effectually, by courses of medicine, that she has ever since enjoyed good health."

He had about the same time another woman brought to his house, who had a cancer on the back of her neck. She was cured in about the same time, by the usual courses of medicine, which cleared the system of the cancer taint; and the tumour was dissolved by applying the cancer balsam, and she afterwards enjoyed good health.

The dropsy was another formidable complaint, of which he had a number of cases, and in which he met with very good success in curing. The nature of this disease he took much pains to ascertain; and the opinions he formed from experience were, that it is caused by cold, or the loss of inward heat, like most other complaints, which obstructs the natural evacuations, more

particularly that by perspiration ; and causes the water that is thrown off by them when in a state of health, to collect in the body, which causes it to swell, in some instances to an enormous size. To cure it he made use of the most powerful stimulants he had, to raise the inward heat as high as possible, in order to remove all obstructions, keeping the pores open so as to have a free and lively perspiration, thus causing the water to pass off by the natural evacuations ; at the same time paying particular attention to the stomach, giving occasionally an emetic, and following with tonics to strengthen the digesture, so that food will be able to maintain the natural heat of the body. This was what he called, in his quaint language, kindling a heat in the body sufficient to boil away the water. In this manner he effected some extraordinary cures, to the astonishment of all who witnessed them.

These remarks apply more particularly to those cases where the water collects in the body and limbs, which he found were easily cured ; but there is another kind of dropsy, which is produced by the same cause, but differs materially from the other in its symptoms and the course it takes. The water instead of collecting in different parts of the body and limbs, seems to find some leak by which it passes into the abdomen, or lower part of the trunk. This complaint he considers incurable, and can only be relieved by tapping to let off the water. By this and other means to correct and support the living principle, he could restore the patients, so as to enable them to enjoy a comfortable state of health ; but they would be liable to a return of the disease. He has given an account, however, of two cases in which there was a complete cure. One was of a young woman ; in

which case he drew off the water by tapping, and then by swathing and giving courses of medicine, and restoring the digesture, he was able to effect an entire cure. The other was of a young man, who had been tapped twice before. He pursued the same plan as in the other case, and after drawing off the water, he says he carried him through several courses of medicine, and gave him the juniper ashes with molasses and gin freely, which carried off large quantities of water, and he entirely recovered from the disorder.

During the year 1809 he had a great number of desperate cases, and met with his usual success in effecting cures. He says in his Narrative, "during this summer a woman applied to me from a neighbouring town, who had the dropsy, and brought with her a little girl who had the rickets very badly, so that she was grown much out of her natural shape. I carried them both through a regular course of medicine, and attended them in my usual way for three or four weeks, when I gave the woman information how to relieve herself and the child, occasionally visiting them. They both recovered of their complaints, and have enjoyed perfect health since."

Some time previous, two women applied to him to be cured of the dropsy: the cases were very bad and he declined doing any thing for them, in consequence of having so many patients under his care; but by their urgent importunities, was induced to do what he could to relieve them. He administered his medicine which operated favourably and gave considerable relief; and left directions with the nurse how to proceed; but she neglected her duty, and he found on visiting them in the morning one had taken cold by being exposed, and was worse; so that he was not able afterwards to raise heat

enough to restore the perspiration, and she died the next night. The other woman, who was considered much the worse case, being swollen to an enormous size, continued to gain; and after remaining under his care for three weeks, returned home much reduced in size, and her general health so much restored as to make her comfortable. The loss of this patient was seized upon by the faculty, who took the opportunity to circulate many false reports about him and his practice, in order to injure him and stop his practice; but those acquainted with the circumstances acquitted him of all blame, and the faculty altogether failed in accomplishing their object, which was to get him indicted for murder.

He had a case of the dropsy while in Eastport, which on account of the violent opposition he met with, we shall give a short account of. A married lady had the complaint, and was attended by one of the regular faculty for a long time, till he gave her over as incurable. Dr. Thomson was applied to by her husband and he consented to attend her, after much conversation with him and the doctor on the subject. After there had been a fair understanding, as he thought, by all concerned, he commenced giving the medicine, which had a very favourable operation; he then left her for the night in care of the nurse, with all necessary directions. On visiting her in the morning found her sitting by a window exposed to a current of air, and also that the nurse had entirely neglected following his directions. Believing from these circumstances that there was a concerted plan to oppose him in his undertaking, he declined doing any thing more; but being strongly urged by the husband and some of the friends of the family, he consented to continue, on condition that a gentleman in whom he

could trust, would stay in the room with the patient, and see that his directions were strictly complied with. This being agreed to, he commenced again giving the medicine, and by a steady perseverance in his usual course of treatment, the woman was in three weeks time entirely cured.

One more case we shall cite, being somewhat different from those that have before been stated. It was that of a married woman, whom he attended in Portland. She had been troubled with the dropsy for a long time, and was much swollen in her body and limbs, and at this time was in a state of pregnancy, being as was supposed over her time. Her situation was very alarming, and her friends felt great anxiety about her, in consequence of having been in a similar situation before, when she was delivered by force, and came very near losing her life; and the doctors then said, that if she should ever be so again, she would certainly die. He followed his usual course of treatment for the dropsy, and carried her through three regular courses of medicine in five days, by which she was reduced in size eight inches; her travail pains then came on regular and natural, and in about two hours was delivered of a daughter, and they both did well. In two weeks she was well enough to be about the house.

A case of the lung fever was attended by him which accidentally came to his notice. It was of a woman who had been given over by the doctor who had attended her, and was considered in a dying state when he saw her. He followed his usual course of treatment, by giving the hottest medicine he had to raise the inward heat; and in about fifteen hours her fever turned, and the next day she was comfortable, and soon got well.

This cure so enraged the doctor who had previously attended her, that he afterwards became his most deadly enemy.

A young man applied to him, who had cut three of his fingers so badly as to lay open the joints. The doctor mentioned in the above case, had attended him three weeks, when they had become so bad that he advised him to have them cut off. Dr. Thomson began with him by giving medicine to improve his general health, which had been considerably impaired by the pain he had suffered. He dressed the wounds by first cleansing them by washing with a weak lye, then applied some of the rheumatic drops, and did them up with proper bandages, putting round the whole several thicknesses of cloths, which were kept wet with cold water. Continuing to dress them in this manner for ten days, he was well enough to attend to his work in a nail factory. The young man's mother was a poor widow, who depended on him for her support. Dr. Thomson shortly after saw him at his work and found that his fingers were entirely cured. The young man wished to know what his price was for curing him, when on inquiry he found that the other doctor had sent in a bill of seventeen dollars, he told him that was enough for him to pay, and he should charge him nothing.

A young man was sent to his house from Vermont, who had lost the use of his arm by a strain ; it had been in a perishing condition for six months, and the flesh appeared to be dead. He began with him by carrying him through a course of medicine, which was repeated when thought necessary ; at the same time bathing the arm with the oil of spearmint. In ten days he was able to

use his arm, and in two months he was entirely cured and returned home.

A lad fourteen years old was put under his care, who was in a declining state of health. He had been for some time troubled with bleeding at the nose, and there had been corrosive sublimate with other powerful astringents snuffed up his nose to stop the bleeding, which had such an effect upon the blood vessels in that part, that they were shrunk up and nearly destroyed, and his flesh was much wasted away. He was carried through a course of medicine, which gave an equal circulation to the blood through the body, and stopped its unnatural rush to the head, which was the cause of the bleeding; then by keeping the perspiration free and restoring the digesture, so that food would support the body, he in a short time entirely recovered his health, and was not again troubled with bleeding at the nose.

CHAPTER XII.

Description of cutaneous and scrofulous complaints, with the manner in which they werecured; such as St. Anthony's fire, scald-head, venereal, erysipelas, &c.

THERE are probably no complaints with which the great family of mankind are afflicted, that cause more suffering, and are attended with more dangerous consequences, than those that are called cutaneous, or diseases of the skin. We have in preceding chapters given

some account of the opinions and experience of Dr. Thomson on this subject; but its importance will justify our endeavours to communicate all such information as may have a tendency to be useful. All kinds of diseases of a scrofulous nature, according to his theory, arise from impurities in the blood, and their appearance on the skin is the effect of disease and not the cause. Nature has provided means by which all morbid or foreign matter is separated from the blood and carried off through the pores by perspiration, if there is a healthy action in all the parts; but when the system is diseased so as to retard nature in performing its duty, any virus or poison that may from whatever cause be in the blood, will make a lodgment in the glands of the skin, under the cuticle, or scarf skin, and by irritation will produce inflammation in those parts, which is generally followed by the formation of pustules or sores, but sometimes only a red colour, according to the nature of the disease, which will remain until the cause is removed. To effect this our plan is to increase the vital action by such stimulants as will keep the determining powers from the centre to the surface, and cause a free perspiration, when the poisonous matter will pass off by the discharges from the eruptions. It will be necessary also to protect the surface against the effects of cold. The steam bath will be found very useful.

In cases of long standing, where the disease has become permanently seated and does not yield to the common remedies, it will be necessary to carry the patient through a regular course of medicine, and repeat it as often as convenient till the difficulty is removed. Cleanliness is of great importance in cases of this kind, therefore the clothes and bedclothes should be often changed,

and every means taken to guard the patient, and also those in attendance against the bad effects of the poisonous effluvia, that escapes during the operation of the medicine.

Numerous cases of complaints of this kind came under the care of Dr. Thomson in the course of his practice, many of them were of the most dangerous character; but he was able by his usual course of treatment, not only to remove the difficulty, but to restore the patients to health. A respectable clergyman applied to him for assistance, who had for a number of years been afflicted with the nettle-rash, or St. Anthony's fire. He said that he had always imputed the cause of the complaint to over-heating himself by fighting fire several years before; for ever since that time, he had been subject to a breaking out all over his body, which was often very painful, causing him to swell, and he felt as though he had been stung by bees. He had applied to all the doctors in those parts, but could get no assistance. The opinion Dr. Thomson formed of the case was, that by violent exercise and exposure to the fire, he had raised the vital heat to the greatest possible height, and then by suddenly cooling, left the outward and inward heat at nearly a balance. That is, the excitability was carried to the greatest pitch, when the exciting power suddenly ceasing, left the living energies reduced as much below the natural heat as it had been raised above it; and nature being opposed by cold, was not able to gain its proper ascendency.

Taking this view of the case, he concluded that the only way to effect a cure was to place the patient as near as possible in the same condition as when he was fighting the fire; then suffering him to cool gradually, retain

so much of the inward heat, as to enable nature to recover her power over cold. This plan was followed by carrying the patient through a regular course of medicine, and making use of the most powerful stimulants he had, together with the aid of steam; and with such complete success, that he was perfectly cured, and ever after enjoyed good health. He had a case very similar to this a few years after; which was that of a man who overheated himself by working in the hold of a vessel on a very warm day; then sitting in a cool place till he became chilled, and took a violent cold. He came very near losing his life at the time, and continued in a low state of health, unable to do any kind of work for a long time, until Dr. Thomson undertook his cure. He treated him in the same manner as above described; and met with similar success; for in a short time he entirely recovered his health.

The scaldhead, or as called by some salt rheum, is a loathsome disease common to children; though the latter is a scrofulous humour and makes its appearance on different parts of the body, and differs from the other; for the former only comes on the head, and completely covers the scalp with a hard scab; this form of the disease has been considered very difficult to cure. The botanic practice has, however, been completely successful in curing this troublesome complaint. In fact we have not heard of a case in which it has failed in effecting a cure. A case of this disease came under the care of Dr. Thomson; which was of a boy who was brought to him by his father; he had been afflicted with it for nine years, and had been most of that time attended by different doctors, without receiving any benefit. He began with the patient in his usual manner, by operating upon the

cause, and gave medicine to raise the inward heat and cause a free perspiration, to clear the blood of all impurities, by throwing off through the pores of the skin the poisonous matter that was the cause of the disease; at the same time guarding the part affected by suitable covering, and making such applications as would soften the offensive matter and remove it from the surface. This plan of treatment proved completely successful; so that the boy, after three weeks' attendance, returned home perfectly cured, and has not since had any appearance of the disease.

Venereal, or syphilis, is a disease of a scrofulous nature, and is supposed to be caused by an impure and unnatural intercourse of the sexes, which generates and communicates to the blood a poisonous taint which becomes seated in certain glands of the body; and if not checked in its progress, assumes a very high state of canker. The only way which the faculty attempt to cure this disease is by administering mercury, both inwardly and applying it externally. This method it is pretty well known, and is admitted by some of the most eminent medical writers, causes a much more dangerous disease, than the one they attempt to cure. They assume the fact that nothing but mercury will remove this virus or taint from the blood; but in this as well as in many other of their theripeutical conclusions, they labour under a delusion, that if it was not for their being learned men, would be viewed by the uninitiated as gross ignorance; for it has been proved beyond all doubt by the botanic practice, that this disease can be cured with as much certainty, as any other scrofulous complaint.

Dr. Thomson has cured a great number of cases of this disease; and those practicing upon his system have

been equally successful. Even in such cases as had been for a long time under the fashionable treatment, and had become entirely a mercurial disease, they have been able to effect a complete cure; without leaving any mercurial or venereal taint behind. He has described two cases of the very worst kind, which came under his care, and we shall give them in his own language. "I had a case of a woman, who was brought to me on a bed, fifteen miles. She was in a very putrid state, and as bad as she could well be, with all the consequences that are caused by being filled with mercury. Different doctors had attended her for eleven months, and she had constantly been growing worse. She had been kept ignorant of her disease, till a few days before brought to me, on account of her husband. I carried her through five courses of medicine in two weeks, and applied a poultice of white bread and ginger, made with a tea of No. 3, (canker tea.) This completely broke up the disorder; and by giving medicine to correct the bile and restore the digesture, she was cured, and returned home in three weeks after coming to me. By taking medicine to restore her strength, enjoyed good health ever after. Another woman was cured in the same manner, who had been in this way for six years, and unable to do any business. I attended her three weeks, when she was restored to health, and returned home. In less than a year after, she had two children at a birth; and continued to enjoy good health."

Erysipelas, as far as we have been able to gain information on the subject, was in former times considered as a disease that very young children only were subject; and it was thought by many that it originated from a cankery taint which they took from the mother before

their birth. How far this opinion can be relied on as truth, we know not; but there are many good reasons to support the belief that it is correct, in most if not all cases of the kind. Be this as it may, there has of late years appeared a disease, which goes by this name, and to which all ages are subject, from the youngest to the oldest; and it has puzzled the faculty very much to ascertain its cause and the best way in which it can be cured; for they have not, we believe, yet fixed upon any general mode of treatment. As far as we have been able to gain a knowledge on the subject, it appears not to be a primary disease; but is in all cases only secondary to some other complaint, which it follows, and with which it seems to be connected; generally what they call a typhus or lung fever. Whether the erysipelas in adults is brought on by the depletive practice of the faculty, and by filling their patients in all acute attacks of disease with medical poisons, is what we do not feel warranted in asserting as a fact; but there are many good reasons which go to satisfy our mind that this is the case, and we feel confident that all experienced Thomsonians, will be ready to fall in with this belief. The few cases that we have witnessed, would seem to put the matter beyond all manner of doubt; for they were such as had been treated by the attending doctor in their usual manner, and after the fever had been subdued, the symptoms of this disease appeared in their most distressing and dangerous form; and we believe all of them terminated fatally. Dr. Thomson has given no account of this disease under its fashionable name, but there can be no doubt but that he has had many cases of the kind under his care, which he considered similar and treated in the same manner as other scrofulous com-

plaints, where there was the highest degree of canker and putrefaction; in all of which his course of practice has proved wonderfully successful.

The symptoms of this disease are in its first stage, red spots appear on the body, and rapidly spread to different parts, accompanied with chills and drowsiness, sometimes delirium. When it attacks the face it becomes very much swollen, particularly the nostrils and lips; the eyelids often enlarge so as to entirely obstruct the sight. Blisters form, which discharge a yellowish matter. In some cases only one half of the face is affected. If the blisters do not form and discharge, the skin becomes dry and scaley. After the disease has continued several days, if not checked by removing the cause with proper remedies, abscesses form on the breasts and under the arms, which, if they come to a head, discharge very offensive matter.

The best way to proceed in such cases is to immediately carry the patient through a regular course of medicine, and repeat it after intervals, till all difficulties are removed; at the same time making use of a poultice of slippery elm, bayberry, &c. with every means to restore the digesture and strengthen the system, by tonics and suitable food. Dr. Curtis, an eminent botanical physician, gives the following case of a lady who had been afflicted with this disease every summer for three years, and was more aggravated and continued longer at each successive season; the last of which she continued under the "regular" treatment nearly all summer. He says in one of his lectures, "in the spring of 1834 she applied to me. Her face was so swollen that she could scarcely see, and blisters an inch long, more or less, were raised all over it. I directed an emetic, [lobelia,] and a

sweat, relief to the bowels, [injection] and a poultice of bayberry, slippery elm, &c. to the face. The next day she was about, and in less than a week entirely well. No traces of the disease had been seen when I last saw her, which was in the latter part of the next summer."

We think there has been enough said to give a pretty correct knowledge of the nature of this destressing complaint, and the manner in which it ought to be treated. As to the cause we have only given an opinion, which we feel satisfied is founded on as correct a foundation as any other hypothesis can be. There may be cases where there is no apparent evidence that it has been preceded by a different disease; but this does not satisfactorily prove that this is not the fact; for there may have been some secret cause, that had been for a time lurking in the system, which had not been before brought into action, with a sufficient force, to cause it to make its appearance on the surface of the body. Whether our conclusions are correct or not, one thing we feel well assured of, that it originates from a cankery taint in the blood; and the symptoms arise from the effort nature makes to clear itself from all obstructions caused by cold. All this, however, is, comparatively speaking, of much less importance, than to ascertain the best method by which the disease may be cured when it does make its appearance.

The following case of a child, that had the canker inwardly, and was under the care of a nurse who had been instructed by Dr. Thomson. He was sent for and informed by the nurse that they could not make the perspiration hold. He says in his Narrative, that "on seeing the child, I at once found that they had kept about an equal balance between the outward and inward heat;

when they gave medicine to raise the inward heat and start the determining power to the surface, they at the same time kept the outward heat so high as to counteract it. After explaining to them the difficulty, I raised the child up and poured on to it a pint of cold vinegar, and it immediately revived. Applied no more outward heat, but only shielded it from the air, and gave the warmest medicine inward, on the operation of which, the child grew cold and appeared much distressed. As soon as the inward heat had gained its full power, and drove the cold out, the circulation became free, and the child was relieved from pain and fell asleep; the next day the heat was as much higher than what was natural, as it had been lower the day before; and when heat had gained the victory over cold, the child gained its strength and was soon about, perfectly recovered."

In the course of his practice he had a great number of cases of a scrofulous or cutaneous nature; and found by his experience that they all originated in one general cause—that is, such a diminution of the vital energies by loss of inward heat, that the circulation and evacuations became obstructed, so that nature is unable to clear itself by throwing off by perspiration and other means, the morbific matter that is constantly accumulating in the system, in all cases of internal disease. This of course produces a struggle between the exciting power and the morbid action, and causes, what is called by the faculty, a fever, and by them is considered a disease; but which we hold to be only a symptom of disease, or a disturbed state of the inward heat, which is exerting itself to drive out the enemy, and restore the living principle to a healthy state. In this stage of the disease he found by using the fever or heat

as a friend, and giving such assistance as it may need by administering stimulants to open the pores and cause a free perspiration, health may be restored in a short time without danger of producing any bad effects; but when this is neglected, and nature is not able to relieve itself, and more especially when poisonous articles are introduced into the stomach, and other means are used, which have no other effect than to give a temporary relief by deadening the sensible organs, without in the remotest degree removing the cause of disease, the two contending powers, heat and cold, or life and death, make a drawn battle of it; and the morbific virus or poison becomes seated in the glands of the skin or other parts of the body, when canker commences its deadly operations; producing in the former eruptions or sores, and in the latter hard tumours. The success which has attended the practice of Dr. Thomson, as well as those who have adopted his system, in all cases of this kind, is the best evidence that could be offered in support of the correctness of those conclusions which he has drawn from such knowledge as he could gain from actual experience; for in all cases that came under his care he met with the most extraordinary success ever before known in effecting cures. His plan has invariably been to clear the system from all obstructions by courses of medicine, removing the canker, and restoring the digesture; at the same time keeping up a free perspiration by stimulants till all morbid or offensive matter should be carried off through the pores of the skin and by other natural evacuations. By investigating the vegetable kingdom he had found among its products articles that would do all this, and had proved by his long practice their efficacy as well as safety.

CHAPTER XIII.

Continuation of Narrative, with some account of the treatment received from members of the Medical Faculty. Indictment and Trial for Murder. Acquittal. Patent obtained, with remarks on its validity.

He who engages in a profession, or attempts to pursue any other course, which happens to be viewed as a deviation from what may be considered the established custom, if successful, will be most likely to meet with much opposition, let his talents or his usefulness be ever so great. This may at first appear to many as strange; but it is notwithstanding, too true; for the interest and pride of some, and the ignorance and prejudice of others, will be very likely to cause them to become his most bitter enemies. This has been peculiarly the case with Dr. Thomson; for his extraordinary success in curing disease by a mode of practice of his own invention, which differed from that considered more fashionable, is the only reason that can be given for the unrelenting opposition and violent persecutions, which he has met with from a certain class of men. If he had killed his patients instead of curing them, or had he been proved to be as ignorant and dangerous in his practice as has been said of him, this might justify his being exposed to the world; but his very success has been the cause of their enmity.

He had now followed the practice of medicine as a business for several years, and had been more generally successful in curing disease, it is believed, than any one

who had preceded him. The cases that came under his care were most of them considered hopeless, and such as had been given over by the medical faculty as beyond the reach of their skill. If a large proportion of them had died under his treatment, there would have been nothing wonderful in it; but it is a fact well known to thousands that the cases in which he failed in effecting cures were very few and in all of them the want of success could be satisfactorily accounted for, as not being his fault, or owing to any failure in his mode of treatment. In all acute attacks of disease the cure was effected in so short a time and with so much apparent ease, that the patients were hardly willing to believe that they had been sick, and he gained little credit for the cure, although he had saved them from long sickness. Now admitting these to be the facts, and we know no reason for doubting them, one of two things must certainly be allowed to be the truth; either that he possessed extraordinary skill, or that his system of practice has been proved to be far superior to all others that have come to the people's knowledge. That the latter is the truth, has been abundantly proved by the remarkable success that has attended all those who have faithfully followed the practice; and also by the fact, that a number of physicians who were educated and had long practiced upon the old system, have abandoned it altogether; and have adopted the Thomsonian system, which they have continued to follow with great zeal and success.

He continued to practice in different parts of the country, and wherever he went was hailed by the people with joy and gratitude, as one whom they looked up to for deliverance from pain and sickness. The high and the low, the rich and the poor, applied to him for assistance

in all cases that were considered desperate, and in which they had failed to get any relief from other sources; in most of which he effected cures, and in all gave great relief. His success caused his fame to be spread far and near; and wherever an epidemic prevailed or there was any extraordinary sickness, which gave alarm to the people, he was sent for, and was by his perseverance and skill able in a short time to conquer the prevailing disease and put an end to the alarm, without losing scarcely a patient; at the same time most of those attended by the regular doctors died.

Such extraordinary cures as he performed, it would be reasonable to suppose would have induced the faculty to have investigated and ascertained the facts, in order to learn by what means they were performed, that they as well as the people might reap the benefit of any discovery or improvement that he should make in the healing art; but instead of this many of them made it a personal thing against the man, as one who had intruded upon their prerogative, and had entered to the feast without having on the wedding garment; and instigated by their pride formed a design to destroy him or drive him from the country. Dr. Thomson possessed a satirical turn of mind, and he was too apt to make use of this formidable weapon against those he considered his enemies; and the cases in which he effected cures that had been given over by the regular doctors, gave him frequent opportunities to triumph over them. This naturally fixed in their minds strong feelings of enmity; but such conduct on his part, though it might be imprudent, yet was no justification for the treatment he received at their hands.

Notwithstanding the opposition he met with from his

enemies, Dr. Thomson continued to practice with his usual success, and a large portion of the people shewed him kindness, and did all they could to protect and aid him, especially all those who had been cured by him, together with their friends; but there seemed to be a determination with some of the medical faculty to destroy him, or to drive him from the country. Among those who had joined in effecting this object, the most conspicuous was a Dr. French of Salisbury, in which and other towns in the vicinity, Dr. Thomson had met with great success, in curing some of the most desperate cases, most of which had been given over by the faculty as incurable. Several of these cases were within the circle of the practice of Dr. French; and to have his patients cured after he had given them over to die, by one who he had denounced as an ignorant quack, seemed to give him great umbrage, and fixed in his mind a deadly hostility. He circulated various false statements in regard to some few cases in which Dr. Thomson had failed to effect cures, representing that great numbers had been killed by his treatment; and took every means to find some case on which a complaint could be made and an indictment founded, so as to bring him to a trial for his life; but those who knew the facts came forward and gave such testimony as defeated for the time all his plans; though it caused Dr. Thomson a great deal of trouble as well as to put him to a heavy expense.

For the purpose of giving the reader a fair view of these persecutions, and what he suffered from his enemies while pursuing his medical practice, and teaching the people his system, by which they could cure themselves, without calling upon the regular faculty, we shall give a short account of one of the most important cir-

cumstances that occurred during his extraordinary career in relieving the sick. His enemies never losing sight of their object, had in the latter part of the year 1809, found a case in which they flattered themselves that they should be able to gratify their revenge and effect the grand purpose they so earnestly sought; the particulars of which are as follows.

About two years previous, while Dr. Thomson was practicing in Beverly and adjacent towns, he was called upon by a Mr. Lovett, to attend his son, who he said had been violently attacked with what was thought to be a typhus fever. He was very much engaged at the time and could not go with him, until he was sent for three times, when he attended. In his Narrative he says: "I gave him some medicine which relieved him, next day carried him through a course of the medicine, and he appeared to be doing well, and I left him in the care of a man who was assisting me in practice, with directions to keep in the house and not expose himself. This was on Wednesday, and I heard nothing from him, and knew not but what he was doing well till the Sunday afternoon following, when I was sent for and found he was worse. On inquiring of the man who had charge of him, learned that he had got so much better, he had been down on the side of the water, and returned on Friday night; that the weather was very cold, being in the month of December; that he had been chilled with the cold, and soon after his return he had been taken very ill; that he staid with him on Saturday night and he was raving distracted all night; that he had not given any medicine, thinking he was too dangerously sick for him to undertake with.

"I told the young man's father, that it was very doubt-

ful whether I could do any thing that would help him; but I would try and do all I could. I found that the patient was so far gone that the medicine would have no effect, and in two hours told him I could not help his son, and advised him to call some other advice; this took place in the presence of two gentlemen who were present. Mr. Lovett made answer that if I could not help his son, he knew of none who could, and was very desirous for me to stop with him all night; which I did and stood by his bed the whole time. He was much deranged in his mind till morning, when he came to himself and was quite sensible. I again requested the father to send for some other doctor, as I was sensible that I I could do nothing for him that would be of any benefit. He immediately sent for two doctors, and as soon as they arrived, I left him in their care. The two doctors attended him till the next night about ten o'clock, when he died."

This case was hunted up two years after it had occurred, when Dr. Thomson had left the neighbourhood, and was at home with his family. The opportunity was taken by his enemies to pursue their plan of effecting his ruin, and a complaint was made by Dr. French to a doctor, who was a justice of the peace, in which he stated, which was of course sworn to by him, that the young man was murdered by poisons administered to him by the accused as medicine; and that he had good reason to believe that the accused had with malice aforethought, murdered sundry persons in the course of the year past; upon which a warrant was granted. The whole business was laid before the Grand Jury, who were then in session, by whom, upon the evidence of French and some other doctors, a bill of indictment for

murder was found. This was all done without the knowledge of Dr. Thomson or any of his friends. When he returned to Salisbury to pursue his practice, the affair had become known to the public, and his friends advised him to go off and keep out of the way; but this he refused to do; saying that he was not conscious of having done any thing worthy of punishment, and the government must prove the charges or he must be honourably acquitted. He was soon after arrested by the sheriff, put in irons and taken to Newburyport and confined in a dungeon.

There was no court that could try the case, to be held for nearly a year, and therefore he would have to lay in prison that time, unless a special court could be obtained for the trial. His friends obtained counsel, who advised that he should petition the chief justice to order a special session for his trial; which after much trouble and expense was granted, and a special term was ordered to be held on the 10th of December. The day before the time appointed he was taken from the jail in Newburyport by the sheriff, put in irons, and conveyed to Salem, where the court was to be held, and again confined in the prison at that place. The weather was extremely cold and he suffered very much on the journey; but he was much better treated, and more comfortable than when in the other prison. In consequence of the sickness of the chief justice the trial was put off for ten days, and he had to suffer for that time in prison, with what patience he could, for their was no help for it.

On the day of trial the prisoner was brought into court and placed in the bar, when the usual ceremonies were gone through with; the attorney for the government opened the case by stating what he expected to prove

and his witnesses were examined; but their testimony did not in the least prove any thing against the accused; when the chief justice stopped the proceedings and said there was no evidence to sustain the indictment, and wondered what they could have for a grand jury to find a bill on such testimony. He briefly charged the jury, dwelling more on the subject of quackery in general, than on the case before him; saying that if there was no law against it the Legislature ought to make one. The jury in a few minutes brought in a verdict of not guilty, and the prisoner was discharged. Thus ended this malicious prosecution, putting the county to much expense, and causing great suffering to an innocent man, for no other reason than because he had the presumption to cure diseases that were beyond the skill of the faculty, without having a license from a medical society, which would have authorized him to kill his patients instead of curing them without censure from any one.

It would have been well for Dr. Thomson if he had been satisfied with being thus acquitted, and by the triumph he had gained over his enemies; but he let his feelings get the better of his judgment, and commenced a warfare with one of the most conspicuous of his persecutors, by bringing an action for damages against him for the injuries he had suffered, from his defamations and malicious prosecutions, in which he met with an entire failure, not being able to get a verdict in his favour; and had to pay the whole expense of the trial, which amounted to two thousand dollars. By this turn of his affairs he was placed in a ruinous situation as to his property; but the assistance of some friends who had stood by him through all his troubles, enabled him by persevering industry in about two years to pay off the expenses and

clear himself from his liabilities. It was unreasonable to expect to gain his cause against so powerful an opposition as he had to contend with, which consisted not only of the medical faculty, but of other professions, who will always unite in opposing any one who interferes with either of their interests; and the influence they have over a certain class of the people, would make it next to impossible to obtain a court and jury that would do him justice.

After Dr. Thomson had been released from his imprisonment and again left to enjoy his liberty, and pursue his practice he found it necessary to spend some time with his friends to recover his health, which was very much impaired by the sufferings he had undergone while in prison. After this he went more extensively into the practice, in which he met with the most remarkable success; and by the assistance of those he had instructed was enabled to attend upon a great number of patients, most of them desperate cases, all of whom were cured, or essentially relieved from their sufferings. Several societies were formed in the towns where he practiced, for the purpose of aiding each other in sickness, which proved very useful and satisfactory to the people. He received a letter from Eastport, Maine, which he had before visited, and introduced his practice, signed by some of the principal men of the place, stating that a new kind of fever prevailed there which had been very fatal, and produced great alarm among the inhabitants, as they could get no relief from their doctors, wishing him to come there as soon as possible.

This request was complied with, and on his arrival he was received with great joy by those who had written to him, and by the people generally. His first object was

to ascertain the nature of the prevailing disease, which he soon found to be cold and canker. He had a large number of patients put under his care, and by pursuing his usual course of practice, in all of which he was successful, he effected cures that were deemed miracles, not having lost a single patient. There were also cured by him five desperate cases of consumption, which were declared by the doctors to be past cure, and one very bad case of dropsy, all of which were cured in three weeks time. In all this practice he was attended and assisted by some of the committee who had written to him, and every thing was done under their inspection. To effect these cures he made free use of cayenne and bayberry, with these and lobelia, the only medicines he took with him, with such articles as he found growing round the place, he was enabled to restore to health all who applied to him for relief, and give such general satisfaction to the people, that a large number of family rights were sold, and a society formed for the purpose of aiding each other. During the whole of the time, however, he was violently opposed by all the doctors in those parts, who made use of every means they could devise to stop his practice, and drive him from the place.

The difficulties Dr. Thomson met with from the powerful combination that seemed to have been formed against him in all parts of the country, where he had introduced his system of practice, caused much anxiety among his friends, and created a doubt of his being able to contend against them. They had even gone so far as to send petitions to the Legislature to pass a law to put down quackery, as they called all medical practice, that did not submit to their dictation. Under these circumstances he found it necessary to adopt some course by

which he could maintain his rights and sustain himself against his opponents, by appealing to the government for protection. He therefore consulted his friends, and by their advice went on to Washington, and obtained a Patent for his whole system of practice, thus, as he thought, putting himself under the protection of the laws of Congress. It is the general opinion that taking out a patent, as it is called, gives a peculiar right of property, to the exclusion of all others; but this is not the fact, unless it can be sustained as an original and useful invention or discovery. Any citizen of the United States can, by filing in the patent office, specifications describing his discoveries, and also a model of his invention, obtain a certificate signed by the President of the United States, by paying thirty dollars, which is only evidence of the fact that he has complied with the requirements of the law; and if it is disputed is of no value, unless the right of the claimant is set up by a decision of a judicial tribunal. In several thousands of patents that have been obtained in this country, very few have been sustained by this test.

After the return of Dr. Thomson he published his patent, which seemed to strengthen his position, and enabled him to contend more equally with his enemies, as public opinion became at the time more decidedly on his side. In consequence of this he went on prosperously, selling many family rights and extending his practice to all parts of the country. He proceeded in this way very well for several years, until he undertook to set up his claims under the patent, by bringing an action for the breach of it, in the Circuit Court of the United States. In this he entirely failed; the judge decided that there was nothing in his specifications on

which to found his claim of an exclusive right; and he had to suffer a nonsuit to go against him, and to pay all the costs. He afterwards obtained a new patent, by filing a new set of specifications; but this did not in our opinion make his case any better. The difficulty is, in his pretensions he covers too much ground, and never can be supported in them, either upon the principles of law, or justice to others. If he had confined himself to obtaining a patent, for any particular medical compound, or any useful article, of which he could prove that he was the original discoverer or inventor, there can be no doubt of his having a right to the exclusive sale of it; but to claim a patent right for his whole system of medical practice, is as we conceive the height of absurdity; for it would be an injurious and unjust interference with the rights of the whole community. Just as well might a schoolmaster obtain a patent for a new method of instructing children, and claim the right as a new system of education, excluding all others from the use of it without paying him for the same, whatever price he should demand.

As regards the selling family rights, we look upon it in a different point of view; for to do this he needs no patent. The amount paid is for valuable information received by the purchaser; but it confers upon him no legal rights, neither does it take from him any. The using whatever the earth produces, that is useful for food, or as medicine to relieve the sick, is a natural right, and should be entirely free to all; but if any one discovers a new article that proves to be useful, or invents any new compound, or a new method of preparing and administering such remedies as prove valuable in removing disease, that have not been before known or introdu-

ced, he is entitled to a reward for his ingenuity. The immense amount that Dr. Thomson has received by the sale of family rights, and also for the large profits on the sale of medicine that he has heretofore enjoyed, as well as on his practice, has abundantly rewarded him for all he has done; and if he is sincere in his professions to promote the public good, he ought to make no more pretensions to claim a monopoly; for in doing so he follows the example of the regular faculty, of whom he has made complaint, for their attempt to get a law passed prohibiting the people under severe penalties, from selling or administering any article as medicine except those who obtain a license from a medical society, or is prescribed by one of their members. Those who have purchased rights are undoubtedly entitled to all the advantages and benefits that can accrue from their practice, or the preparing and sale of every thing used in the Thomsonian practice; and all such medicine ought to be sold as freely, and at a fair profit, as any other articles of merchandize.

CHAPTER XIV.

Practice continued; with a description of several important cases of cures. Difficulties with agents. Visit to Philadelphia; system of practice introduced there.

The Thomsonian practice had been introduced into Portland, to which place he made several visits, and had a great number of cases under his care, many of them of

the most desperate kind, in all of which he met with his usual success. A case of spotted fever was attended by him of a man who was taken very suddenly, and fell senseless while at the pump for water, was carried into the house, and Dr. Thomson sent for. When he arrived he found the patient laying in a state of insensibility; his jaws were set, so that he could get nothing into his mouth. He was enabled, however, to give relief, by administering a strong solution of cayenne, brown emetic, and rheumatic drops, which was done by putting his finger between his cheek and teeth and pouring in some of the liquid; as soon as it could be forced by squeezing so as to reach the roots of the tongue, the jaws came open, when he was able to get the patient to swallow some of the same preparation, and in a short time his senses returned, when he spoke, and appeared like a person awaking from sleep. As soon as the effects of the medicine had subsided, he relapsed into his former state; and it was found there was no chance for permanent relief without rarifying or lightening the surrounding air. For this purpose he was laid across the laps of three men, shielding him from the air by a blanket; a pan was then put under him, partly filled with hot water, in which was put a hot stone; while over this steam the medicine was again administered, which caused a free perspiration; and as the inward heat increased, animation increased in proportion, till a healthy action of the system was restored. By the usual remedies he was soon restored to a perfect state of health.

We shall give another case somewhat similar to the above. A woman was attacked with the spotted fever, in a very singular manner. The first appearance of it was a violent pain in her heel, which soon moved up to her

hips and back, from thence to her stomach and head; so that in fifteen minutes she lost her sight, and in less than half an hour she was senseless and cold; and in this state he found her when called in. By shielding her from the air with a blanket, and applying a moderate steam, at the same time giving a tea-spoonful each of cayenne and lobelia in a tea-cup of warm water sweetened, she in a short time recovered her senses; and the symptoms were similar to a drowned person when coming to life, after it had been suspended by being under water. As soon as the perspiration became free, all pain ceased, and she was comfortable. In twentyfour hours the disease was removed, and she was able to attend to her work.

The same day he had another case of a child, with the same complaint, that the doctor had given over and left to die. He gave it the most powerful stimulant he could prepare, with the emetic; but it lay senseless six hours, before the medicine had caused a sufficiency of inward heat to get a natural action in the stomach and bowels, when it began to revive, and what came from it was black and putrid; the bowels barely escaped mortification. The child was soon well. These two cases were both cured in twentyfour hours' time.

He was called on to attend a case while at Eastport, a description of which will give useful information in regard to his practice in cases of surgery. A young man on board of a vessel lying there, had a block weighing thirteen and a half pounds fall from the masthead upon his foot, which bruised all his toes on that foot to pieces except the little one. The accident happened on Friday, and he did not see him till the Tuesday following, during which time he was in so much pain that he had neither eat nor slept. His nervous

system was so much affected that his whole body was in convulsions. He took off the dressing they had applied, he found the foot black, and the smell very offensive; this satisfied him that mortification had commenced; and he soon became convinced that there would be no use in trying to cure the foot, till there could be something done to relieve him from his distressed situation, for his whole body was as much disordered as his foot. He immediately applied a poultice of Indian meal, with several thicknesses of cloth, which were kept wet with cold water, to lessen the inflammation, and ease the pain, which had the desired effect; then carried him through a regular course of medicine, the same as for an attack of the nervous fever.

On visiting this patient the next morning, found that all the bad symptoms had left him, and he was quite comfortable. He took off the poultice and found a material change in the appearance of the wound. That part of the flesh that was alive seemed to be nourished by the circulation, and the living and dead flesh appeared as if two different colours had been painted by the side of each other. The foot was put into a lye made of pearlash and warm water, which caused a slimy glaze all over the foot. This took away the offensive smell. It was then washed with vinegar to prevent the alkali from irritating the skin, which cleaned off all the slimy matter, so that it wiped clean. He then cut off the great toe at the middle joint, and the next two at the upper joint, and set the next which was broken. A new poultice was put on as before, and the cloths round it kept wet with cold water, and a hot stone wrapped in wet cloths was put to his feet to keep up a steam; and the hot medicine was continued to be given, to increase, as much as possible, the inward

heat. The next day there appeared to be a great improvement, both in the bodily health as well as the wound. The same course was pursued in dressing as the day before. After which he was carried through a full and regular course of medicine, which completely restored his bodily health, and the healing process progressed rapidly. In four weeks, by careful and judicious treatment, he was entirely cured.

This we view as a very remarkable cure, and shows what can be done by a perseverance in the botanical practice with judgment and skill, and its superiority over all others. If he had been attended by one of the regular doctors, his course would have been to allay the pain and distress by destroying sensibility with opiates; and the next, and only thing they could do, would be to take off the limb; in doing which, there would have been a very small chance of saving the patient's life.

One other case we will mention, which was treated somewhat similar, though the difficulty proceeded from a different cause. On a passage he took to New York by water, in the winter season, they were blown off the coast, and the crew suffered very much by the cold; one of them had his feet and hands very badly frozen. The man had been so much chilled by the cold weather, that the limbs received very little warmth from the body, not enough to bring them to their feeling, until they got into warm weather, the effect of which was, to raise the heat on the limbs faster than in the body, which caused the most excrutiating pain in the parts that had been frozen. The captain begged of Dr. Thomson to do something for the young man, to relieve him from his distress. He readily undertook the task, and before commencing, duly considered all the causes and effects attending the case.

When he became satisfied, in his own mind, that the only way in which relief could be obtained, was to raise the inward heat, and lower that of the extremities. To effect this, he wrapped the feet and hands in such cloths as he could procure, wetting them with cold water, put him into his berth, covered with blankets, and gave the hottest medicine he had with him. This plan was persevered in, increasing the inward heat as much as possible, by giving the medicine, and when the parts frozen became more painful, poured cold water on the cloths, till in about two hours there was a free perspiration, when the pain entirely subsided. When the cloths were afterwards taken off, it was found that the blood had settled under the nails and skin, which came off without causing any blisters or sores; and before arriving in port the man was well enough to attend to his duty.

The successful termination of this simple case, gives a practical demonstration of the theory upon which the Thomsonian system of practice is founded. That to restore a healthy action to any part of the body, when diseased from whatever cause, depends upon the power that the inward heat has to overcome the effects of cold so as to keep the determining powers from the centre to the surface, which will cause a proper circulation of the blood, and enable nature to perform its duty in restoring such parts as may be diseased; which Dr. Thomson, in his figurative language calls raising the fountain and lowering the streams. This can only be done through the agency of suitable food introduced into the stomach, which supplies heat and nutriment to the blood; or by stimulating medicine, when the former is not sufficient to effect the object desired; and by the application of

cloths wet with cold water, to the surface or extremities; this shields the parts from the effects of the surrounding air, which is the cause of inflammation, or a disturbed state of the natural heat of the body. The same course of practice has been proved to be effectual in curing burns, as it immediately stops pain and restores the parts in a short time to a healthy state; and also in all other cases of inflammation on the surface.

The same theory seems to have found favor, of late, with many people; for a certain physician has made himself quite popular, in the extraordinary cures he has performed, by a course of practice which we believe they call hydropathy; for nothing can go down with the people without a great name which none understand but the doctors. If it had been called simply the application and use of cold water, it would have been viewed as a dangerous practice, especially when used by any one but a learned doctor. But this does not lessen, in our opinion, its utility, for it accords perfectly with the Thomsonian system of practice. As far as we have been able to ascertain the practice of this physician, which has been from some of those who have witnessed some of his cases, his *modus operandi*, as the doctors would say, has been to strip the patients and wrap them in sheets wet with cold water; keeping them in this situation till the inflammation on the surface is allayed; and nature, or the inward heat, has time to recover its power over the effects of cold, causing a free perspiration, by which means all obstructions are removed by this important evacuation, and a healthy circulation is restored. How far his practice agrees with our views, in regard to internal remedies, we know not; but have the charity to believe that he has sufficient skill to guard him against

all dangerous experiments, by ascertaining the true state of the patient's situation, so as to know how far the external application of cold water can be carried without endangering the life of the patient, by applying so great a degree of cold as to counteract the vital heat. We can perceive no great difference between this mode than by the use of the steam bath; for, besides shielding the body from the surrounding air, it can be no farther useful than as the heat of the body has power to convert the moisture within the covering into steam, and thus to produce a similar effect as the application of the vapour in any other form; except it be on the limbs, when applied to allay the inflammation and pain caused by scald or being frozen.

There has been introduced of late a new system of medical practice, under the formidable name of homœopathy, which we have reason to think has some connection with that described above; for they both seem, in a great measure, to be founded on the cold water plan of treatment, and, as far as that goes, cannot be very dangerous. We have not been able to gain a knowledge of this system that would, perhaps, justify our attempting to give a correct view of it; but so far as we have been able to gain a knowledge of the plan of treatment in all cases of disease, it is to mix one grain of some powerful medicine with an immense quantity of water, and this is freely administered to the patients; so that the medical particles are taken into the system by atoms. What the advantages of this mode of treatment are, we know not, except it be that there is no immediate danger from any effects it can produce. We are inclined to think favorably of the plan, for it agrees in a great measure with our views, that it is better to do little or

nothing and trust to nature, than to run the risk of using violent remedies, as is too often the case with the regular faculty.

The practice had become so much extended, and the calls upon him so numerous, that Dr. Thomson was compelled to give instructions to others to enable them to assist him in attending upon the sick. Several of them, whom he found the most capable, he appointed as his agents, authorizing them to sell family rights, and prepare and sell medicine. But the share he allowed them as a compensation not being sufficient, as they thought, to reward them for their labours, several were induced, from this cause, to quit the practice altogether, except in their own families. Others withdrew their connections with him and continued to practice and prepare and sell medicine, without accounting to him for the same; for which conduct the doctor has made very bitter complaints. Having given our views upon this subject in a former chapter, we shall omit any further remarks; but shall leave it to the public to decide for themselves, for there probably may have been, in many instances, faults on both sides.

In the year 1816 he spent much of his time in Portsmouth, in which place and the neighbouring towns, he had as much practice as he and those he had instructed, could possibly attend upon; in all of which they met with very great success in curing all kinds of disease, many of them were considered desperate cases, of long standing, and had been given up by the faculty as incurable. A large number of family rights were sold, and the purchasers were formed into a society, for mutual instruction and assistance, which proved to be a great benefit to the people. He had appointed Mr. John Locke, of Portsmouth, as his agent, to not only assist in the

practice, but to give instructions to those who purchased rights; authorizing him to sell family rights, and to prepare and sell medicine. This gentleman Dr. Thomson speaks of in his Narrative, with great praise, for his skill and honesty, as well as the faithful manner in which he performed all his duties; and says:—"I mention this tribute of praise to his fidelity, the more readily, as he is one of the very few who I have put confidence in, that I have found honest enough to do justice to me and the people." After following the practice for a length of time, he found that the compensation allowed him, was not sufficient for his support, and that he could not do justice to his principal, without injury to himself and family; and was therefore compelled to abandon it, and seek other means to gain a living.

During the following year, Dr. Thomson received an application from Philadelphia to make a visit to that city, and introduce his system of practice; to give lectures, and by other means communicate to the people such a knowledge of it as would enable them to avail themselves of all the advantages of the practice. Thinking it necessary to have some one go with him, an arrangement was made with Mr. Locke to accompany him as an assistant. On their arrival there, they were received with much joy by those who had requested the visit, among whom were Elder Plumer, and several gentlemen of respectable standing, who took a strong interest in introducing the practice among the people. Meetings were held, and lectures given, explaining the principles upon which the system is founded, which proved satisfactory to a large number. A number of family rights were sold, and a large society was formed for mutual benefit, and the people generally took a lively interest in the cause.

After having made such arrangements as were deemed necessary, and appointing an agent to sell rights and medicine, they visited Baltimore, Washington and Alexandria, and then returned to Portsmouth.

CHAPTER XV.

Description of the treatment of some important cases, such as yellow fever, gout, quinsey, rupture, piles, bad wound, scalds. Remarkable cases of spotted fever at Eastham, Cape Cod, cured by his usual course of treatment.

While practicing at Portsmouth and Exeter, he performed a great number of cures, some of which we think worthy of being preserved, as giving useful information to those who may wish to obtain a correct knowledge of the true botanic system. A man had what was considered the yellow fever; his family doctor attended him, who bled him, and pursued the usual plan of the regulars, by giving medicine to kill the fever. He was kept as cool as possible, without being allowed anything that would cause warmth, until he was shivering with the cold. Having heard the doctors say that Dr. Thomson killed patients by sweating them, he conceived an idea that if he could sweat, it would relieve him, and he was sent for. On attending him he immediately commenced his usual course, by giving him the hottest medicine he had, and making use of other means to increase, as much

as possible, the inward heat; and in about an hour he effected his object by causing perspiration. The same course was continued during the night; the patient being part of the time out of his right mind, imagining he was a lump of ice; but in the morning he appeared to be much relieved, and had his senses perfectly. The doctor who had attended him made several attempts to interfere and stop the course that they were pursuing, by frightening him and the family, and wished to take more blood from him; but they were satisfied, having seen enough to convince them, that heat and life was more encouraging than cold and death, and he was therefore dismissed, and never employed again by them or any of their friends.

During the first operation of the medicine he was so weak as to be unable to move or help himself; but when the inward heat had gained so as to overpower the cold, he recovered his strength, and was free from all pain, until the next morning, when he was attacked with a violent pain in the lower part of his bowels, which was very severe; to relieve this he was very anxious that they should give him a dose of physic. Dr. Thomson says: "I opposed this, being convinced that it would not do in such cases, believing that it was caused by the poisonous drugs he had taken. He was so urgent, however, I gave him some, which operated very soon, and the consequence was, that it reinforced his disorder, and threw him into the greatest distress. He asked for more physic, but I told him that I would not give him any more; for I was satisfied of the impropriety of it, and have never given any since in such cases. It checked the perspiration, and drew the determining powers from the surface inward; so that I had to go through the same process again of raising perspiration and vomiting, which

was much more difficult than at first, and it was with the most close attention that I was able to keep off mortification for the twelve hours that he was kept back by taking this small dose of physic." By a zealous and steady perseverance in his course of treatment, he effected a complete cure, so that, on the fourth day the patient was well enough to go out and attend to his business.

This cure, being so complete, and effected in so short a time, it caused much talk among the people. The patient belonged to the highest class of society, being connected with some of the first families in the place; they become very anxious to know how it was done, and expressed much astonishment, that a man who they had heard was so ignorant, could cure the most dangerous cases of disease, when at the same time the regular doctors lost nearly all on whom they attended; but on having explained to them the principles upon which the botanic system was founded, they became satisfied of its superiority over all others, and gave it their generous support. This afterwards proved to be of great advantage to Dr. Thomson, for some of them became his best friends, and rendered him important assistance in defending himself against his enemies. The gentleman that was cured introduced him to an uncle, a man of high standing, and of the first respectability in those parts. This gentleman had been subject for many years to attacks of the gout, from which he had suffered very much; being some seasons confined to his room for the whole winter, until the return of warm weather, when he would recover sufficient strength to be able to get about again, and remain so till he had another attack. He had been attended by the regular doctors without receiving

any benefit from their practice, more than to reduce him by their depletive plan of treatment, so as to cause him to be less sensible to pain; till nature, aided by the warm weather, was able, in a measure, to remove the difficulty.

After Dr. Thomson had explained to this gentleman the principles upon which he founded his system, with his views of the cause of disease, of the correctness of which he expressed his entire satisfaction, he requested him to tend upon his family, and give him and his wife such information as would enable them to become their own physicians in future. This he readily assented to, and afterwards carried some members of the family through a regular course of the medicine, which relieved them from the difficulties under which they labored; at the same time giving such explanations and instructions, as would qualify them to do the same. After this the wife expressed a wish to be attended and carried through a course of medicine, for a salt rheum, with which she had been afflicted for several years, which was readily complied with; and by two or three courses she was completely cured, so that she never after had any appearance of the disease. From this time, whenever this gentleman had an attack of the gout, he was relieved in a short time, by the use of the medicine and the steam bath, so that he was never after confined with it for more than twentyfour hours at a time; and he has at all times expressed his gratitude for the information thus received, which has enabled them to relieve themselves, whenever afflicted with disease; and has often said, that if he could have been as sure of relief when first subject to these attacks, as he then was, he should consider it of more value than all the wealth he possessed. We have

the original certificate of this gentleman, in which the facts as above stated are fully verified in each particular.

The opinion that Dr. Thomson has formed of this distressing complaint, from his long practice and the numerous cases he has witnessed, is that the seat of the disease is in the stomach, and from this source all the difficulties take their rise. The first symptoms make their appearance in the joints of the great toe, when the feet become very much swollen, causing excrutiating pains in the parts affected; and it will seem to go from one foot to the other, and sometimes to the knees. The hands are often attacked in the same manner, going from thence to the elbows, which also become much swollen and extremely painful. It is, we believe, generally believed, that if it can be kept from returning to the body, there is no great danger; and we have no doubt that it is much more safe to let nature take its course, only shielding the parts from the air by flannels than to attempt any violent remedies. It has been proved, however, beyond a doubt, that in cases of the gout, relief can be obtained, and much pain and suffering prevented by the botanic remedies, together with the steam bath, especially when resorted to in the first attacks of the disease. We have known several persons that are subject to this complaint, who have in all cases, on the first symptoms of the attack, been able to relieve themselves and throw off the disease by only using the steam bath; but we should recommend, before taking it, that the patient take some stimulating medicine to keep up the inward heat.

He had a case of a child who had the quinsey very badly; or, as it has been called, the rattles, in consequence of the noise they make in breathing, caused by

a rattling in the throat, which is owing to blisters that form in the windpipe; and if these are not removed, will often produce death, by an entire stoppage. They had given the child up to die when he first saw it, but by giving cayenne, which caused violent struggles for a short time, it soon revived from its stupid state, and as soon as there was moisture in the mouth, he gave the lobelia and cayenne in a strong tea made of bayberry bark, which caused it to vomit and cleared off the canker, when it was greatly relieved, and appeared to be out of danger; but on visiting the child the next day found they had neglected it, and was much worse than when he first saw it. The throat was so much swollen and filled with canker, it had not been able to swallow anything for six hours. He relieved it, however, and saved its life, by the following plan of treatment:

He took some small quills, stripping off the feathers, except about an inch at the points, and made a swab, dipped it in a strong tea of bayberry, began by washing the mouth, then rinsed it with cold water; then washing with the tea again, forcing the swab down lower in the throat, which caused it to gag, this opened the passage so as to enable him to get the swab much farther down, then washed again with cold water; by pursuing this plan, he was in a short time able to clear the passage so that the child could swallow. He then gave the cayenne tea, a tea spoonful at a time, when it soon began to struggle for breath, and appeared in great distress. In its struggles for breath, discharged considerable phlegm from its nose and mouth. He then gave the emetic with bayberry tea, which operated favorably, and in two hours it was able to nurse. This same plan has proved successful in cases of the scarlet fever, the symptoms of

which, in regard to the swelling of the glands of the throat and canker, are very similar. We would recommend its trial in desperate cases.

A gentleman was troubled with a rupture; his bowels came down, swelled, and become very painful; a doctor was sent for, who applied a bag of snow, which drove the pain to the stomach, and caused puking. The swelling increased, and he was in great distress. The case becoming desperate, and the family being much alarmed, Dr. Thomson was sent for, and not being able to attend himself, sent a person with medicine, and gave directions to get him as warm as possible, and carry him through a course of the medicine. This was done, and as soon as perspiration took place, the inflammation abated, the swelling decreased, all appearance of mortification disappeared, and the bowels went back into the abdomen. In twelve hours he was restored from a dangerous situation to his usual state of health.

This difficulty is caused by some hurt or strain, that makes a breach in the peritoneum, a tough membrane that supports the intestines and keeps them in their place; through this breach the intestines are liable to pass, into the cavity between that and the skin, causing in some cases, quite a large protuberance. When this happens, by placing the person in a horizontal position, they will generally go back into the abdomen, and may be kept from coming down by a truss. If this is not attended to in season, and the bowels remain down any considerable time, inflammation will take place in the parts, and they become much swollen; and there will be great danger of mortification, which has often proved fatal, as they cannot be got back again, till these

difficulties are removed. This may be effected by a course of medicine without danger.

He had a case of an elderly gentleman, who had been confined to the house, and much of the time to his bed, for seven weeks with the piles. He had been in the hands of seven different doctors, before Dr. Thomson was applied to, and had been continually growing worse. They had performed an operation upon him, and said they must perform another. The side they had operated upon took much longer to effect a cure than the other. He began with the patient in the usual way, and carried him through two courses of medicine in three days, when he was able to go out of doors. Injections were given him, composed of bayberry bark and lily root, made into a strong tea, to which was added a small quantity of cayenne. Warm tallow was applied several times during the day, and often washing externally with the above tea. Tonics were given to strengthen the digesture and restore the appetite, which was in a very low state. The sores healed in a short time, and he soon gained his general health, and was never after troubled with that complaint.

While practicing at Eastport, he had the following case. A man had the tine of a pitchfork stuck into one of his eyes. It passed by the eye-ball and penetrated considerably into the skull bone, so that it required quite an exertion to pull it out. The eye swelled and closed up immediately. The man was carried through a regular course of medicine as soon as possible, at the same time several thicknesses of cloths, wet with cold water were applied to the wound, which was kept wet and not removed for twelve hours; and the perspiration kept up the whole time. On removing the cloths, there was a

large quantity of blood, which had been drawn from the wound, and there was no appearance of inflammation. The cloths were again applied as before, and the perspiration kept up with hot medicine for the next twenty-four hours, which effected a complete cure, without any injury to the sight of the eye.

A description of the following cases of bad scalds, we think, will give useful information; and show the efficacy of the application of cold water in curing them, with little suffering from pain. A lad fourteen years of age was taking off, from a very hot fire, a kettle of boiling cider, the leg of the kettle caught and tipped forward so as to pour the whole contents into a bed of live embers, which covered his feet with this hot mass; he held on to the kettle until it was set upon the floor, and then put his feet into cold water, where he kept them till cloths could be procured, in which they were wrapt, after having been dipped in cold water; attention was paid to pour on cold water to keep the cloths filled. This protects the surface from the surrounding air, and almost entirely removes the pain that always accompanies such accidents. By pursuing this plan for about two hours, he was free from pain and fell into a sleep. Water was poured on the cloths two or three times during the night, and in the morning on removing the cloths, to the surprise of all present, no blisters appeared, and the skin was not broken. He put on his stockings and shoes and went about his work, without appearing to experience any inconvenience from the accident.

In another case a lady had taken off from the fire a kettle of boiling water. Her little son, six years old, stepped on the bail and turned the contents on both his feet, and falling, one hand went into the kettle; so that

both feet and one hand were very badly scalded. Dr. Thomson happening to be present, immediately wrapped them in a number of thicknesses of cloths wet with cold water. He then put him in bed, and gave him a tea spoonful of the composition powder, in warm water, sweetened, putting a hot stone wrapt in wet cloths to his feet, and wet the cloths on his feet and hand as often as he complained of pain. In about two hours he fell into a quiet sleep; after which, by two or three times wetting the cloths, kept him easy through the night. In the morning on taking off the cloths, there was no appearance of blisters, nor was the skin in the least broken; and he put on his shoes and stockings, appearing to be as well as before the accident happened.

The following case happened in our own family, and we can, therefore, vouch for the truth of the statement. A young lady passing through the kitchen, stepped upon something on which had been placed a small kettle of boiling ley, the contents of which were poured upon her foot and ankle, and of course caused a very bad scald. The shoe was taken off, and the foot immersed in a tub of water, after which a towel dipped in cold water was wrapped round the foot and ancle, and was kept full of water; this soon relieved her of pain. She had on a cotton stocking which was not removed. In coming home two or three hours after the accident, we found her sitting with her foot on a stool, and a wet cloth in her hand, which she often dipped in a wash dish of cold water that stood by her side, and applied it to the towel round her foot, which kept it constantly wet. Some hot drops were given, which prevented faintness. Nothing more was done till the next morning, except keeping the cloths wet, when on removing them and taking off the

stocking, there was no appearance of blisters, and the skin was all whole, with the exception of a spot on the top of the foot, about the size of a cent, which appeared to have received a greater injury than the rest. A small plaster of healing salve was applied to this, and the wet cloths continued as before. On the fourth day she put on her stocking and shoe, and walked to the south part of the city and back; and we never heard any complaint about her foot from her afterwards.

We feel perfectly confident that this same mode of treatment would prove to be of immense benefit to the sufferers in all those accidents that so frequently take place on board of steamboats, in consequence of the bursting of their boilers. By stripping the sufferers and wrapping them in sheets wet with cold water, to be kept wet by pouring on water, or by adding others to them, as they become dry, till they were relieved, would prevent a great deal of suffering and save many lives.

In the year 1816, Dr. Thomson made a visit to Cape Cod, for the purpose of collecting some articles of medicine, which he could not procure elsewhere. At the time the spotted fever prevailed there to an alarming extent. He told the people that they were dying for the want of a knowledge of the medicine that was growing around them, by which they could relieve themselves. Some of the people were anxious for him to introduce his system of practice, by attending upon some of those who had the disease. He complied so far with their request as to undertake with four cases, three of them of the worst kind, all of which were cured in a short time, by his usual plan of treatment. He sold two family rights, and gave the purchasers instructions so as to qualify them to carry their patients through a course of medicine;

furnished them with such medicine as they might need, and returned to Boston.

In a short time after his return he received a letter signed by the selectmen and other gentlemen of the town of Eastham, requesting him to come there as soon as possible, to attend upon the sick; for the fever was increasing in its extent and fatality, and their doctors had failed in giving any relief. He went there as soon as he conveniently could, and found the people in great alarm. He immediately commenced his practice, and had a large number of patients put under his care, with all of whom he was able, with the assistance of the two that he had previously given information to, by pursuing the same course of treatment that had proved successful in all his former practice in such cases, to give relief and effect cures, that appeared to all who witnessed them, to be the dispensation of a divine Providence. In all these cases, he says in his narrative, his course of treatment was to give such medicine as would create and maintain the greatest degree of inward heat, and produce a free perspiration; in all cases in which it was needed, the steam bath was made use of; and he found a great benefit in using injections. After the stomach had been cleansed by emetics, he followed with tonics to restore the digestive organs. During the time he was there, which was about two weeks, he attended thirtyfour cases, all of which, except one, were cured; in the same time, eleven out of twelve attended by the regular faculty, died. In the short time that this epidemic prevailed in this small town, over fifty proved fatal. A certificate signed by the selectmen and magistrates of the town of Eastham, has been published, which fully proves all the above statements.

CHAPTER XVI.

Some farther account of the practice, with a description of the manner of cure in several cases of disease. A new plan by which dislocated joints and broken bones can be restored, without resorting to violent means.

THERE are various complaints which all are liable to be afflicted with, and which in the course of his practice, Dr. Thomson found were so easily removed by very simple means, that he has not thought of sufficient importance to be very particularly described. Most of those are what are called bowel complaints, and proceed from a disordered state of the stomach; that which is the most common is the relax, or diarrhœa, and if not removed becomes very troublesome, and causes severe pain in the lower part of the abdomen, particularly when there is a movement in the bowels. He had frequent cases of this disease, which he says there was not the least difficulty in relieving, by giving his hot medicine to increase the heat till a perspiration took place, then following with tonics to strengthen and regulate the digesture. When the difficulty had continued for any considerable time, and did not readily yield to this treatment, resort was had to a regular course of medicine, which never failed of effecting a cure. This complaint is most common in warm weather, particularly in the latter part of the summer, and is in most cases probably caused by eating unripe fruit and other articles that are hard to digest, while the vital organs are in a languid state. Care should be taken, therefore, to guard against such indulgences; and

occasionally taking such simples as are stimulating, and tend to increase the power of the digestive organs.

While attending upon a case of this complaint, he says in his narrative, he was taken down with the same in a most singular manner, in a few minutes after returning home. He became in a short time so weak that he was unable to do anything for himself. One of his asistants was with him, and did every thing he could without the least relief; the medicine had no effect, and every thing he took passed through him in two or three minutes. He says he became convinced that if he could get no relief, he should not live more than three days, for nothing seemed to warm him. He sent and obtained some butternut bark, which was boiled, and he took a dose of this decoction as strong as it could be made; as soon as it began to operate, followed it with brandy and loaf sugar, burnt together till it became a syrup; this caused a severe pain; then by a regular course of medicine, was soon relieved.

In the course of his extensive practice, Dr. Thomson must have had numerous cases which he could not charge his memory with, sufficiently to give the particulars of them, and has, therefore, described such only as he thought most important, in conveying a correct knowledge of his system of practice, and such as had made the strongest impression on his mind. He had adopted no theory but what had been abundantly proved by his practice, to be correct; for experience had been his only guide. Whenever a case exhibited symptoms that appeared new to him, his mind was instantly engaged in ascertaining the cause and seat of the disease, and was always able to find a remedy that would produce the desired effect. In this consists the great difference between

the success of his practice and that of the regular faculty. They follow a theory that cannot be depended upon, and a practice that it is altogether a matter of chance whether they kill or cure.

The following case of the palsy has been added in a late edition of the Narrative; omitted, he says, by forgetfulness, in the first. While practicing in Portsmouth, he received information from home, that one of his daughters was very sick, and her life despaired of. On his arrival he found her, as it was thought, in a dying state, and they said she had been so for several days. Her eyes were set, and she breathed like one in the last struggles of life. It was thought by the family to be useless to do anything for her; but it was his maxim, that it was never too late to try, and there was hope as long as there was life. He, therefore, her mouth being open, poured into it a spoonful of pepper vinegar, a bottle of which he had brought with him; and in about two minutes she opened and moved her eyes. He then gave her another spoonful, which was swallowed. This revived her, so that in about ten minutes she spoke, and seemed like a person waking from a sleep. In a short time she was so far recovered as to be able to give an account of the cause of her situation, which left no doubt of its being a stroke of the numb-palsy. She said the shock struck one side of the body and limbs, in which there was no feeling, except a prickling sensation, at first attended with severe pain, after which it appeared to be entirely dead, and remained so until the effects of the pepper-sauce brought back the prickling sensation and pain as at first; after this she partially recovered her strength, and the circulation became more natural. She was carried through several courses of medicine, which restored her to a com-

fortable state of health, without any other inconvenience than that the side which had received the shock remained weak, and more liable to the effects of cold than the other. She, after this, had a family of six children, and was able to attend to all her duties, although she afterwards had two or three shocks; but these were relieved in a short time by a course of medicine; by which means she was ever after able to enjoy as good a state of health as falls to the lot of most of the family of mankind.

Accidents frequently occur and are sometimes fatal, occasioned by the burning of charcoal in a tight room, which destroys the oxygen, and renders the air unfit for respiration. The effect is to disarrange the whole course of the living energies, and eventually to destroy those functions that sustain life. In such cases the sufferers should be treated in the same manner as in all others, where animation is suspended. Similar effects are often produced by hot stoves in a tight room. Dr. Thomson relates several cases in which it caused convulsion fits; but he was able in all of them to restore the patients, by letting in the pure air, and giving his hot medicine to raise the inward heat.

Cases of felons often occur, and are attended with severe pain, and cause much suffering to those who are afflicted with them. They come on the inside of the hand, at some one of the joints, most generally one of the fingers. It is caused by some accident that makes a breach in the membrane which surrounds the joint, letting the juice into the flesh, causing inflammation and swelling. The only way that a cure can be effected, is by giving vent to the morbid matter that collects in consequence of this difficulty. The common plan has been to apply poul-

tices; but this seldom does much good, for the skin where they come is so thick, that it cannot be brought to a head there, and will often spread to other parts of the hand, and sometimes breaks on the back side of it. It is the usual practice of the doctors to let out the matter by lancing; but this is painful, and will cause a stiff joint. The plan that Dr. Thomson has adopted in his practice, is undoubtedly superior to any other that has been discovered; for it has never failed in the numerous cases that have been treated in this way, to effect a cure, and with very little suffering to the patient.

He says the best way to give relief that he has ever found, is to burn a piece of punk-wood on the part affected, about the size of a pea. As soon as the skin and flesh appear to be dead down to the matter, prick the point of a needle into the skin, raising it up and cut out a piece with a sharp knife under the needle, sufficient to let out the matter; then apply a poultice or salve; at the same time wrap the hand in several thicknesses of cloths wet with cold water, and keep them wet by pouring on the cold water, as often as it becomes hot or painful. Take the composition or warm medicine, to keep up the inward heat. If the felon has been several days coming, and appears nearly ripe, apply a piece of unslacked lime to the part affected, and wrap it in cloths wet with cold water, till the lime is slacked; repeating this till the skin looks of a purple colour; then open it as before directed.

We have known a number of cases of this complaint which were treated as above described; all of them were completely successful. One of which was attended by Dr. Thomson himself, at the request of several gentlemen, who witnessed it; and the whole process was per-

formed in presence of one of our oldest and most respectable physicians, who expressed the most perfect satisfaction with the success as well as the manner of treatment; and acknowledged it one of the most ingenious operations he ever witnessed.

The following case which we attended a few years since, is thought worth relating for the information it will give, and may be depended upon as correct. Being on a visit in the country, a young woman who lived in the family where we stopped, had a felon, with which she had been afflicted for several days before we saw it. She had applied to the family doctor, who had ordered it to be poulticed; but this gave her no relief. It came on the lower joint of the middle finger, and the pain was so severe that she had not slept for two nights. The inflammation was very great, and the hand was much swollen. She appeared to be in the greatest distress with the pain, which extended up to her shoulder. The Thomsonian plan was pursued as far as we had means, not having any medicine. Some punk-wood was found, however, and a small piece was taken up on the point of a pin, touched to a coal of fire, and then applied to the swelling nearly over the joint, where it was kept till consumed. A thin shaving of hard soap was then put on; a piece of linen was folded several times, dipt in cold water, and then laid over it, and the whole hand wrapped in several thicknesses of cloths, wet with cold water. This eased the pain very much, so that she had a good night's rest. Cold water was poured on the cloths occasionally when they became hot. In the morning, on taking off the dressing, there was a white spot where the punk-wood was burnt, something larger than what was applied. The dead skin was raised up with the point of

a needle, and a piece cut out as large as could be done without touching the live part, and the same dressing applied as before. On the following day she was able to attend to her work; and in four days was entirely cured.

There is another complaint somewhat similar, which is called a whitlow. The difficulty, however, in all cases of this kind is seated in the roots of the nail of one of the fingers or thumb, and becomes very painful. The best remedy is to apply a poultice of some kind, and the cloths wet with cold water. The best is that made of slippery elm and bayberry, with the canker tea, and should be used when they can be obtained. This will soon give relief, and effect a cure in a short time, if seasonably and properly applied.

The plan of relaxing the muscles for the purpose of setting broken bones, or dislocated joints, by the application of warm water, is one of Dr. Thomson's most important discoveries, and cannot be too highly prized, for its efficacy, as well as the pain and suffering it prevents. It has been resorted to in a great number of cases, not only by Dr. Thomson himself, but by others who practice upon his system, with the most complete success; and we believe in no case has it failed to have the desired effect. We make the following extract on this subject, from one of Dr. Robinson's lectures, delivered at Cincinnati, which gives a better view, perhaps, than any thing we can say:

"There is one part of the new practice, which I wish to recommend to general notice: Dr. Thomson's method of reducing the contracted muscles, in the occurrence of broken bones and luxations, [joints dislocated.] It is very simple and effectual; and of such power and influ-

ence over the contracted muscles, that the patients can have the bone set, or the luxation reduced, almost without pain. The great importance of this simple practice need not be impressed on those who have witnessed the agony of setting bones and reducing luxations in the usual and established practice. I have known a piece of the bone sawed off, in order to its being set, such was the contraction of the muscles! This state of terrible suffering to the patient, and moreover being rendered by it lame for life, was so dreadful to behold, that Dr. Thomson's simple mode of reducing the muscles, is, of itself, sufficient to immortalize his name, if he had never made another discovery."

In his Narrative, Dr. Thomson relates some cases, which will give a view of his manner of practice, preceded by the following directions. In cases where a joint is put out, or a bone broken, give a dose of cayenne, or composition powders with half a tea-spoonful of nerve powder, which will promote a perspiration, prevent fainting, and quiet the nerves; then wrap the limb, or other part, in cloths wet with water as hot as it can be borne, and pour on the warm water, placing a pan underneath to catch it, for a short time, when the muscles will become relaxed, so that the bones may be put in their place with little trouble. This is much better than the method that is generally practiced, of extending the muscles by the strength of several persons, which weakens the parts so much, that the bones are liable to get out of place again; besides, the operation causes severe pain to the patient, and much trouble to the operator, which is all obviated by this method. When the bones are in their place, apply the same cloths wet with cold water, which will keep them there.

He was sent for to attend a woman who had put her elbow out of joint by a fall from her horse. He found it badly out, being twisted considerably from its natural position. Some water was ordered to be made hot as soon as possible; her arm was stripped, and as soon as the water was hot, a towel was put into a large tin pan, pouring the water upon it till thoroughly wet, and as soon as cool enough to be borne, was wrapped round the arm from the wrist to the shoulder, then putting the pan underneath, poured on the water as hot as she could bear it so as to keep the towel entirely wet, for about fifteen minutes. Then taking off the towel, caused one person to take hold of her arm above the elbow, and another at her wrist, to steady it; and then by placing his fingers against the end of the bone on the under side, and his thumb against that of the upper side, by a gentle pressure each way, the joint was set without pain, or force on the muscles. He then wrapped the same towel which had become cold, round the arm, which kept the joint firm in its place; put her arm in a sling, and she walked home that night, and the next day was well enough to do some knitting.

His practice when a shoulder was put out, was to relax the muscles in the same manner, and then by putting the arm over his shoulder, and lifting up, was in all cases able to put the joint into its place, without any danger and with little pain to the patient; and then by applying the cold water, the muscles become braced, so that there was no danger of its getting out again. He also states a case where a man had his hip joint put out, and several doctors had tried in vain to set it. One of his agents being present, undertook to set it by his mode of treatment, and after he had relaxed the muscles suffi-

ciently, put his knee against the hip joint, and placing his hand on the inside of the knee, turned the leg out and crowded the joint into its place, without the least difficulty, and the man was in a short time able to be about. Many other cases might be given, but we think enough has been stated to give a pretty correct knowledge on the subject.

CHAPTER XVII.

The Thomsonian practice introduced into the western part of the State of New York, and the Western and Southern States. Remarks on the conduct of those engaged in it, with the treatment they met with from the doctor, as well as from the medical faculty. Agency of Horton Howard.

THE botanic system of practice up to about the year 1822, was confined principally to such parts of the country, as Dr. Thomson was able to give his personal attention; for he had no means of giving information to others except by his practice and verbal instruction; but in this way, though rather imperfect, it was spread among the people in many parts of the New England States, and was considered by them to be a discovery of great importance; for they soon became convinced, by the extraordinary cures that were performed by it, of its great superiority over the fashionable practice, the destructive consequences of which they had seen abundant proof. After he had accomplished one of his greatest objects in having prepared and printed his Narrative and Guide to

Health, he was able to extend the practice by means of his books and his agents, to all parts of the country. Those who now purchased a family right, had something for their money, by which they could gain a knowledge of the system sufficiently correct to enable them to cure themselves and others of disease, with perfect safety.

In the western parts of the State of New York, it was introduced very extensively, where it gave great satisfaction to the people; for it was found to be a certain cure for those intermittants and other fevers, to which the people in those parts were at all times liable, and from which they had suffered very much, as they could get no relief from the regular doctors. Wherever introduced, those engaged in the practice met with the most determined opposition from the regular faculty; and every means were resorted to for the purpose of prejudicing the people against it. All kinds of false reports were circulated about the treatment of cases, as well as to try to frighten the patients and their friends, by stating to them that the medicine used was a deadly poison. All this, however, only had a tendency to increase and extend the botanic practice; for the people generally understood the motives of those who opposed it, and naturally took a stronger interest in supporting the cause. In a few cases in which cures were imprudently undertaken, that were past recovering by any human means, and such as the faculty had given over as incurable, which terminated fatally, a hue and cry was immediately raised against those who attended them; complaints were made and they were prosecuted, and in some instances imprisoned, for malpractice; but on proof of the facts, they were acquitted without any one appearing against them. This course only had the effect of putting those engaged in the

practice to much trouble and expense, but did not prevent them from persevering in their attendance upon all those who were suffering from disease, and wished for their assistance.

It is a fact which cannot be denied, that Dr. Thomson in his appointment of agents, has been governed more by his interest than by a proper regard for the honour and respectability of his system of practice; for those on whom he could calculate would add most to his gains, were generally preferred to others who were better qualified to give that satisfaction to the people, which is expected from those who are employed as physicians. This has been a great drawback upon the success of the botanic practice; so far, at least, as regards its taking that high stand which we think it is entitled to by its superiority over all others. When men are found engaged in the practice who do not possess those qualifications that entitle them to some respect in good society, it keeps back men of respectable standing from taking an active part in its support, which they otherwise would do. Any man who can read, may get such information from the book as to enable him to practice with some degree of success, especially in acute attacks of disease; but it requires a person of strong mind and sound judgment to undertake, with a chance of success, the cure of chronic and difficult cases. This applies, however, only to those who engage in the practice as a profession; for it is our great aim to give such information as will enable every family who possess our book, to become their own physicians in all sudden attacks of disease, which will prevent their having to deal with chronic cases.

The practice was extended by the agents into several of the Western States, where the people received it with

great joy, finding on trial that it was a sure remedy for all the fevers and other epidemics, which prevail in those parts more or less each season. In Ohio it produced quite a sensation among all classes of people. Many extraordinary cures were performed, much to the surprise of all; principally such as had been considered incurable, and had been given over by the faculty, as past their skill. Several men of the highest political standing purchased family rights, and used their influence in spreading a correct knowledge of the botanic practice among the people. The clergy generally gave it their support; and some of the regular doctors quit their old practice and embraced the botanic system with great zeal and effect; they have continued to support it by every means in their power; and where societies had been formed, they delivered lectures explaining the principles upon which the system is founded, and pointing out its superiority over what they denounce as a system of poison, which causes more disease than it cures.

The new medical practice had now become so much extended, and having assumed so decided a stand among the people, that nothing seemed necessary but a judicious and liberal management of all its concerns, to insure not only its permanent success, but that it would eventually be the cause of effecting a complete reform in the medical practice of the country. Although Dr. Thomson has shown himself to have possessed, in an eminent degree, those qualities of mind, which fitted him to be the pioneer in reforming the old medical system of practice, by the introduction of his botanic system, and convincing the people of its superiority as well as safety; yet it would seem, by the manner in which he has managed his own affairs with all those he has had dealings with,

especially those who became his agents, that he was entirely deficient in all those business qualifications, so necessary in devising and carrying into effect the plan of establishing his system, and putting it upon a high and honourable foundation.

In consequence of the great extension of the botanic practice in all parts of the country, there was a corresponding increase of demand for the medicine used in the practice; particularly of such articles as were indispensable, and not easily obtained. The most important of these are cayenne, gum myrrh, lobelia, and bayberry bark; although the two last mentioned articles grow plentifully in this country, yet it requires considerable capital to collect, prepare for use and keep ready for sale, a quantity sufficient to supply the increasing demand. Cayenne and myrrh being of foreign growth, they could only be obtained pure and in any considerable quantity of the importing merchants. The great consumption of cayenne, and consequently the increased inquiry for it as an article of trade, caused large importations to supply the demand. Dr. Thomson having now acquired great wealth by the sale of his family rights, and the profits he had made on the sale of the medicine used in his practice, was enabled to purchase up all that was imported, and thus had it in his power to fix the price to suit himself; and we have it from good authority, that he availed himself of this advantage to as great an extent as he could, whenever opportunities offered. He says, in the last edition of his narrative, that he had in one instance procured nearly three tons, and had sent to the south twenty barrels prepared for use.

We feel not a little surprised, that a man of his sagacity, could for a moment suppose, that he would be able

to secure to himself the right he claimed, of fixing the prices of all the medicine used in the botanic practice, and also to put in his own pocket, most of the enormous profits made on all that should be sold. Besides the great injustice it would be to those who purchased his family rights, and had paid him for the privilege of preparing their own medicine, and of course of purchasing the articles they needed, where they could obtain them the cheapest. He even went so far as to require of his agents a bond, making themselves liable to a very heavy forfeiture, if they should fail to conform in the prices of all the medicine sold by them, to a scale to be furnished by himself; allowing them twentyfive per cent. for their profits; and all who refused to comply, were to be dismissed from their agency. Some few of them, from necessity, complied; but the greater number refused, among whom were those who were his most able supporters, and those best qualified to sustain the practice. The consequence was a complete failure in effecting his object; and the disposition he manifested of grasping at a monopoly, gave great dissatisfaction to all who had taken an interest in sustaining the system, and caused a total indifference, if not an enmity, with those who had been engaged in the practice.

We have been more particular in making the above statements than we should have been, if we had not felt a certain conviction, that most, if not all the difficulties and quarrels Dr. Thomson has had with his agents, has been caused by his course of conduct in regard to the sale of medicine used in the botanic practice; and the consequence has been, that all who chose to deal in the articles, have withdrawn all intercourse with him, and now collect, prepare, and sell all kinds of botanic medi-

cine, the same as other merchandize, at a fair profit. This is as it should be, and we believe he has given up the contest; and contents himself with trying to convince the public, that no medicine is good but what is bought of him; but in regard to this, the business must be left to regulate itself, and the people will be their own judges, and buy where they can obtain what they want, to the best advantage, without regard to the pretensions of any one. We feel no disposition to do him injustice; for every one friendly to the Thomsonian system of practice, will readily allow that he is entitled to the gratitude of the people for what he has done; and that he ought to be liberally rewarded for his ingenuity and perseverance; but at the same time we feel convinced that the way in which he has managed his affairs of late years, has been against his own interest.

After the practice had been pretty generally introduced into the state of Ohio, and those who witnessed the extraordinary cures that had been performed by it, and become convinced of its superiority over the old practice, were anxious to have some suitable person appointed to take charge of the business, who would be qualified to give the necessary information to those who bought family rights, and do justice to all concerned. Dr. Thomson could only occasionally pay them a visit, and of course had little opportunity to do more than to explain the general principles of his system to a few, as occasions occurred. Those who had acted as his agents, had conducted in such a manner as to give general dissatisfaction to the people, although they had sold a great number of rights, which, with the books they distributed, had created a strong interest, without establishing such a confidence in the purchasers, as would warrant them in

using the practice without danger. On visiting them in the year 1827, and finding how his affairs had been managed, he concluded to comply with the wishes of the people, and appoint some one as his general agent; and after much solicitation from him as well as from several gentlemen who took an interest in the cause, Horton Howard, Esq., of Columbus, was induced to undertake the business, and was appointed by Dr. Thomson as his general agent for the whole Western and Southern States, with full powers to print his books and manage all his business as such.

This gentleman was peculiarly qualified for the undertaking, being better acquainted with the whole western country than any other man, as he had been several years land agent for the general government. He devoted his whole time to the business, and traversed the country from Georgia to Michigan; he did more to extend and establish the botanic practice, and raise it to a respectable standing, than all others who had engaged in it. The position he held in society enabled him to induce many to engage in the practice and become agents, who were well qualified to promote its usefulness as well as respectability. Societies were formed, and conventions held, in which lectures were given by able men, imparting much valuable information; and newspapers were established to diffuse a knowledge of the practice among the people. A course of fifteen very interesting lectures, were delivered at Cincinnati, by Dr. S. Robinson, which were published by Mr. Howard, and have done much in supporting the cause of the new system of practice, by showing its superiority over that of the regular faculty.

The whole business went on very prosperously for

about three years, when Dr. Thomson began to show a disposition to be dissatisfied with this agent, and to put a stop to his career, by denouncing him as unfaithful. The cause of this we are not able to account for, except it be the operation of jealousy on a narrow mind; fearing that Mr. Howard would take the lead out of his hands, and make himself more respected and popular than he had ever been able to be himself. He has endeavored to make it appear, in the last edition of his Narrative, that it was owing to a refusal on the part of this agent to settle with him; but this we think is not correct, for in an interview we had with Mr. Howard at that time, he stated that it was altogether the fault of Dr. Thomson that they did not come to a settlement, for he had been at all times ready and willing—that all the cash profits he had received, had been divided with him according to agreement—that a very large amount of the proceeds from the sale of rights and medicine, was in notes and other property; much of it in the hands of agents, scattered all over the western country, and could not be collected without taking a long time, and probably a considerable part of it would be lost. All this he was ready to show; but Dr. Thomson avoided him and sent others, who he had reason to believe were using their influence over him to effect certain objects for their own benefit, which it afterwards appeared was the case.

A settlement was made, however, by a reference, and Mr. Howard was to pay him four thousand dollars, and a few days after, his agency was revoked by Dr. Thomson, and four others were appointed in his place. This terminated the controversy, so far, at least, as it was personal; but Mr. Howard had reserved to him the right of continuing to sell family rights, till he had disposed of all the

books he had on hand, which was the cause of some difficulty with those who had taken his place; for it gave him the power to proceed in the business as before, without accountability to Dr. Thomson or any of his agents He did so continue, and took the lead in the botanic system of practice, notwithstanding all the opposition that was made to him. He afterwards prepared and published in his own name as author, a work, entitled "An Improved system of Botanic Medicine," in which he has given Dr. Thomson's system of practice, with many additions, which we presume he intended as improvements: but of this we have our doubts; for they appear to be mostly copied from the writings of medical authors, with the introduction of some visionary theories, which we think tend more to perplex than to instruct.

Several attempts have been made by those who have taken a strong interest in bringing about a reform in the medical practice, to establish medical colleges upon the Thomsonian plan of treatment; to be under the direction of such men as should be found to be best qualified to give all the instructions necessary to qualify young men, who should wish to engage in the practice, for that purpose. And also to establish infirmaries where the sick could apply, and be attended to with greater convenience, and at less expense than at their own houses; besides, it would be the best school for gaining a correct knowledge of the practice, not only to the student, but such women as should be desirous to qualify themselves as nurses. Dr. Thomson has been often solicited to join in carrying into effect such a plan, and invited to attend meetings held for the purpose; but he seems to have set his face against every thing of the kind, and his conduct has been such as to disgust all those who took an active part in

the plan, and they declined having any thing to do with it. The reasons why he has conducted in this manner we cannot account for, except it be that although it would redound much to his honour, yet it would not gratify his avarice by putting money in his purse. There has, however, been some botanic medical schools established, particularly one at Columbus, Ohio, which has been very successful, and done much good; and we hope yet to see the whole plan carried into effect.

CHAPTER XVIII.

Some account of extraordinary cures in Ohio, with the treatment and success in several cases of midwifery. Dropsy on the Brain. Worm complaints. Conclusion of the Narrative.

During the visits that Dr. Thomson made to Ohio, he was called on by those engaged in the botanic practice, to attend in several of the most desperate cases; in all of which, cures were effected, much to the astonishment of all who witnessed them. This was a great advantage to those who were seeking for information; for his experience enabled him to communicate a knowledge of the practice in this way, that would have been very difficult to have done by any written or verbal directions that he could make. It also inspired a confidence in those engaged in the practice, and tended to encourage them to persevere in whatever they undertook to accomplish without fear. His mode of treatment in most of these

cases, being similar to what has before often been described, it will be unnecessary to repeat it; and we shall give an account of such only as will tend to convey useful information.

While at Columbus, in 1829, one of his agents, who had been on a journey to the Southern States, on returning home was very violently attacked with what is called a billious fever, a disease very common in the Western States, and was so bad that he considered himself in a dying state, and had sent for his wife, who was absent, with instructions to make all haste or she would not see him alive. Dr. Thomson attended him the next day, and carried him through a course of medicine, which relieved him; and by a close attention was able to effect an entire cure, so that in about a week he was well enough to take a journey of eighty miles.

Another case was attended by him a short time after this, which caused much talk among the people. It was of a gentleman who stood very high in the public estimation, and much anxiety was felt by his friends for him. Dr. Thomson was strongly solicited by them to attend him, as the only hope they had of saving his life; and he with much reluctance consented. On visiting him, found his case to be a very bad one. He had before been ailing at various times, and had been attended by the faculty, and taken a great deal of their poisonous drugs; so that he now seemed to be labouring under a complication of complaints, being completely run down. He says that he gave but little medicine that night, and in the morning carried him through a regular course of medicine, which only had the effect to arouse the living energies, so as to put into operation the opium that had lain dormant in the system. This threw him into a state of

frenzy, and he thrashed and tumbled about in his bed for four hours; when he was somewhat composed. He was then steamed, and the medicine had an operation, which stirred up the physic, and brought on a relax. Medicine was given to restore the digestive powers, but the system was in such a disturbed state, that it had no effect.

The patient remained in the same state for thirtysix hours, when he was carried through a second course of medicine, which renewed the operation of the opium, and he again became frantic, and was so restless that he was not still a moment for eight hours. His friends stood around the bed all this time to see him die. He kept calling for water, and drank during the time several quarts. About three o'clock in the morning he began to be more quiet, had short intervals of rest, and his senses seemed to be recovering, though at times he was much out. Soon after, the medicine had a powerful operation, and he vomited eight times. This completely relieved him; he ate a bowl of milk porridge, and was quite comfortable. In the morning he was steamed, after which he put on his clothes, and in the course of the day was well enough to ride out. A syrup was prepared of cherry root bark, peach stone meats, loaf sugar, and brandy, which stopped the relax; and in less than a week, he was able to take a journey and attend to his business.

He paid considerable attention, while in Ohio, to the subject of midwifery, and attended several cases for the purpose of giving instruction to others. This branch of the new system we consider of the greatest importance; for there is nothing in the whole fashionable practice, that has been attended with more serious consequences, and caused more suffering, than the obstretical practice

of the regular doctors. For this we need no other evidence than what is afforded by their own writers on this subject. It is now established, beyond all doubt, by those who have had experience in the Thomsonian practice, that all needed, in cases of child-bed delivery, is to correct the system when disorded, by a course of medicine, and wait for nature to do its own work in its own way; very little assistance is wanted, which can always be afforded by any woman who has had experience. Wherever the botanic practice has been introduced, it has been completely successful, in all cases of midwifery; and there are thousands who would have no other assistance.

Dr. Robinson, in one of his lectures, in which he gives some very strong facts in support of the botanic practice, and points out wherein it is superior to the old, says, "Even in child-bed delivery, a matter never to be forgotten, this practice has very nearly removed the pain and punishment from the daughters of Eve, threatened to our progenitor and entailed upon her offspring. A lady of good sense, and without the least colouring of imagination, said it was easier to have five children under the operation and influence of this new practice, than one by the other management and medicine. And she had had experience in both cases, and has been supported in the evidence by every one who has followed her example."

Dr. Thomson has related several critical cases of midwifery which he attended, in which his mode of treatment proved completely successful, and gave relief in some of them, where all other means had failed; but as it was our intention to give only a general view of the subject at this time, we think it unnecessary to state any particular description of the manner in which they were

treated, as we may probably in another part of this work, give some directions in regard to the cure of diseases incident to women and children.

There are a great number of diseases, or, as it would be more consistent with our theory to say, symptoms of disease, that the human family are subject to, which Dr. Thomson has not given any particular description of. This he probably thought unnecessary; for having settled in his own mind, that all disease arises from one general cause, that is, obstructions caused by cold, or loss of vital heat; and that the only remedy must be to remove the obstructions and restore the vital heat to its natural state. If this can be effected, and he has abundantly proved by his practice that it can, all that can be done further by medicine, is to strengthen the digestive organs, so that food taken into the stomach shall maintain the living principle; and, therefore, all that he could do by any attempt to enlarge on the subject, more than he has before done, by giving a faithful exposition of the knowledge he has gained by long experience, would only tend to lead the inquiring mind into doubts and perplexities, and be worse than useless. We shall, however, give our views of some cases, which have been of frequent occurrence, and have generally proved fatal; these are what the faculty have given the name of brain fever, or dropsy on the brain.

In order to be understood on the subject, it will be necessary to refer back to first principles, and look into causes and effects. According to the Thomsonian theory, the first effects of disease arise from a disordered state of the stomach, which retards the circulation, and puts into disorder all the natural functions of the system, by lessening the power of heat, and increasing that of

cold. In the glands and muscles are first witnessed the state of the disease; and if the difficulty is not removed by suitable remedies, it becomes seated on some one of the vital organs, and is then considered a chronic case. The brain being the organ of sense, and the fountain of reason, if attacked by disease, from whatever cause, the symptoms appear more alarming, the efforts that nature makes to remove the obstructions seem to be more violent, and the termination of the struggle more immediate, and oftener fatal, than when any other part is affected by the same cause.

The practice of the regular faculty in these cases, is to shave the head and apply blisters, with leeches to the temples, and cold applications to the head; thus operating upon the effect of disease, to the entire neglect of the cause; and the best evidence of this treatment being erroneous, is, that very few, if any, cases managed in this way, ever recover; for so long as the cause remains, it is folly to expect to effect a cure. Now the plan that Dr. Thomson would adopt in such a case, would be to carry the patient through a regular course of medicine, which would cleanse the stomach, increase the inward heat so as to cause perspiration, and equalize the circulation throughout the whole system. This would put a stop to the unnatural rush of blood to the brain, which we think reasonable to suppose is the only cause of the inflammation and distressing symptoms that take place in this complaint. That this plan of treatment would in all cases effect a cure, is more than we are able to say, for it is beyond the reach of human knowledge; but that it is the most consistent with reason and common sense, and the most agreeable to nature, we shall leave others to decide for themselves; with this assurance, that there will be

no danger in the trial, as it will not increase the difficulty.

We recently witnessed a case of this complaint, which being treated in a somewhat different manner, it is deemed worthy of being related. A child three years old was attacked with what appeared to be the common summer complaint of children. A physician who uses principally vegetables in his practice, was employed. He administered his medicine and did what he could for the child, without giving any relief; but the operation of the medicine made it manifest that the stomach and bowels were much disordered and filled with canker; and as he seemed to doubt of being able to effect a cure, a homœopathic doctor was sent for. With much apparent confidence in being able to remove the complaint, he commenced his plan of treatment; but the apparent effect of his medicine was to make the child much worse, and it soon fell into a state of stupor, which was followed by perfect insensibility. He now decided that the disease was a dropsy on the brain, for which there was little or no chance of a cure. It was after this several times wrapped in a sheet wet with cold water, and the head was ordered to be dipped in cold water every hour, with cloths wet with the same, to be constantly applied; but it had no visible effect more than to give momentary relief. The child continued in this state for seven days, during which time nothing was given it to take but cold water, when it died. In four days after the child was buried, this homœopathian sent in his bill of forty dollars for his attendance; from which it would appear, that although his practice may not in all cases be successful, yet it must be profitable.

There is another complaint which is very common, es-

pecially among children, that we have not before mentioned, and is what goes by the name of diseases caused by worms. Dr. Thomson says he has had a great deal of experience in what are called worm complaints, and after he had made himself acquainted with the cause, he adopted a plan of treatment, by which he met with no difficulty in curing every case that came under his care. The importance of the subject will justify our giving such an account of his experience, and the conclusions he formed from his practice, as will, we feel confident, convey useful information. This can be done in no better way than by copying the following remarks from his Guide to Health; for which, however, we have a just claim of paternity, although he is entitled to credit for the theory and practice therein described.

"A great deal is said about worms causing sickness, and there is scarcely a disease that children are afflicted with, but what is attributed to worms. The doctors talk about worm complaints, worm fevers, worm cholics, &c., and give medicine to destroy the worms; by so doing, they frequently destroy their patients. There was never a greater absurdity than their practice, and the universal opinion about worms causing disease. The fact is, they are created and exist in the stomach and bowels, for a useful purpose, and are friendly to health, instead of being an enemy; they are bred and supported by the cold phlegm that collects in the stomach and bowels; this is their element, and the more there is of it the more there will be of the worms; they never cause disease, but are caused by it. Those who are in health, are never troubled with worms, because they are then quiet, and exist in their natural element; every one is liable to have more or less of them; and the reason why children are more

troubled with what is called worm complaints, is because they are more subject to be disordered in their stomachs and bowels than grown persons. When children are sick, and their breath smells bad, it is said they have worms, and every thing is laid to them ; but this is owing to disease caused by canker, for there is nothing in the nature of worms that can affect the breath. In cases of this kind, the only thing necessary is to cleanse the stomach by getting rid of the cold phlegm, and restoring the digestive powers, when there will be no difficulty with the worms. The common practice of the faculty is to give calomel and other poisons to kill the worms. This must appear, to any one who examines into the subject, to be very wrong, as well as dangerous; for the worms cannot be killed by it, without poisoning the whole contents of the stomach."

The plan of treatment adopted by Dr. Thomson in cases of this kind, and in which he, as well as all those who have followed his system of practice, have been completely successful, was to give the composition powders, or cayenne, to warm the stomach ; then the canker tea, made of bayberry, or any other article described under the head of astringents, to remove the canker; to be followed with the bitters, or either of the articles described as tonics, to correct the bile and strengthen the digestive organs. If this does not remove the difficulty, the patient should be carried through a regular course of medicine, and give the restoratives till a cure is effected. Injections should be often given ; and when there are nervous symptoms, give the nerve powder. If mortification is apprehended make free use of the rheumatic drops, both in the doses administered, and in the injections.

There are a great number of important cases of disease, that have been cured by Dr. Thomson and those who have followed his system of practice, which might be described, with the manner in which they were treated; but we think there has been enough given to convey all the most important and useful information on the subject, that is necessary for a correct understanding of the nature of disease, and the best manner of curing all those complaints that the human family are liable to, by the Thomsonian, or botanic system of practice.

In the last edition of his Narrative Dr. Thomson has added several articles, which we very much regret; for they are mostly foreign to the subject, and only show that he was actuated by strong feelings of resentment against many with whom he has had dealings. How far he had justifiable grounds for this, we shall not undertake to say; but it cannot be viewed otherwise than with sorrow, by his friends, that they were suffered to appear in the book. They contain some very just and shrewd remarks on several subjects, which if they had been put into proper form and language, might have been useful; but this not having been done, shows that those who had the management of the business, were not competent to fulfil the task, or were governed by bad motives; as they have suffered his rambling thoughts to be laid before the public in a manner that does him no credit, either as a man of good principles or soundmind. We have the charity, however, to believe, that this has been more owing to his having bad advisers, than from any inherent principle of his own.

For several years past, Dr. Thomson has resided most of his time in Boston, where he has an infirmary for the sick, and a large establishment for the preparation and

sale of botanic medicine; this has been ably managed by Mr. Magoun, and has received extensive patronage from the public. The old doctor, from his age and infirmities, needed peace and rest, and he has of late confined himself most of the time, to his residence, seldom leaving home, and then only on urgent business. He has, however, on all occasions, when called on, been ready to give his opinions and advice, which have in every case been found to be instructive and useful. He has devoted the greater part of a long life, to the amelioration of the sufferings of his fellow-creatures, and has done more in reforming and improving the medical practice than any other man of the age; and the world owes him a debt of gratitude for his labours.

We shall now bring our treatise to a close, as regards the narrative part of our work; and our future labours will be devoted to giving a description of the vegetable medicine used in the botanic practice, with the ways and means of curing disease; and if our abilities are in the smallest measure equal to our zeal in the cause, we are not without hope of furnishing the people with a book that will be found useful to all those who may need advice and assistance in sickness.

PART II.

DESCRIPTION OF THE VEGETABLE MEDICINE USED IN THE THOMSONIAN OR BOTANIC PRACTICE—WITH THE MANNER OF PREPARING AND ADMINISTERING THEM IN ALL CASES OF DISEASE.

We shall confine our descriptions principally to such articles as have been found by long experience to be the most useful, when administered as medicine; and such as have been proved by many years' practice to have the desired effect in removing disease.

CHAPTER I.

EMETICS.

To cleance the stomanch, and aid in removing obstructions caused by cold, or loss of vital heat; acting also as a relaxant in all cases of unnatural excitement of the muscular action, or the nervous system.

LOBELIA INFLATA—EMETIC HERB.

This useful herb has now become so well known, and its medical properties so well understood by a large portion of the people of this country, that it will be unnecessary for us to go into a very elaborate historical account

of its discovery, or the manner in which it has been introduced into the materia medica of this country, farther than what has been already given in our Narrative of Dr. Thomson's medical practice. We shall, however, give such description of it when growing, the time of collecting, and the manner of preparing for use, as we think will convey all necessary information on the subject.

The Emetic Herb is what is called by botanists a biennial plant, or only of two years' growth. It comes up in the spring and spreads its leaves, lying flat on the ground, and may be found during the first summer, from the size of a six cent piece to that of a dollar. The next spring it rises with its leaves, and shoots forth a stock to the height of from twelve to fifteen inches, with a number of branches. In July it puts forth small pale blue blossoms, which are followed by pods about the size of a white bean, containing numerous very small seeds. It comes to maturity about the first of September, when the leaves and pods turn a little yellow; this is the best time to gather it. All parts of this herb possess medical properties; but the leaves, pods, and seeds are the only parts used in the botanic practice.

This plant grows common in all parts of the country. It is confined to no soil which is fit for cultivation, from the highest mountains to the lowest valleys. In hot and wet seasons it is most plenty on dry and warm land; in hot and dry seasons, on clayey and heavy lands. When the season is cold, either wet or dry, it rarely makes its appearance; and if the summer and fall should be very dry it is evident that very little of the seed comes up; and of course it will be scarce the next season.

When the plants are gathered, put them in a dry loft

or chamber, kept as much as possible from the damp air; and when they are perfectly dry, they may be laid upon a sheet and beat with a stick, till the leaves and pods are separated from the stalks, which may be easily taken off. Then sift the remainder in a common seive, which will separate the seed from the leaves and pods. To prepare them for use, the latter should be reduced, in a mortar, to a fine powder, and sifted through a fine sive, and kept from the air in some tight vessel. This is the most common preparation, and is what Dr. Thomson has given the name of Green Emetic. The seeds must be prepared in the same manner, and preserved in a glass bottle to be kept tight. This preparation possesses nearly twice the power of the other, and is what he calls the Brown Emetic.

There is another method of preparing it, by making a tincture of the green herb, in any stage of its growth, with spirits, which is of great value in many cases of disease; particularly in that distressing complaint, the asthma, for which the faculty admit it to be the best remedy that has ever been discovered. It is kept in the apothecary shops, and is much used by them in this and other complaints, where the windpipe and lungs are affected, as it assists nature to remove all obstructions, by throwing off the mucus, and restoring the natural secretion of the glands. It is an excellent thing for children when stuffed, and are threatened with croup or lung fever, and also in whooping-cough. By administering half a tea-spoonful occasionally, it will give certain relief, and prevent much distress.

The emetic herb is one of the most valuable articles used in the botanic practice; for without it, there would be great difficulty in chronic cases to remove the com-

plaint. Dr. Thomson has ranked it as the first and most important article used in his system of practice; but Dr. Curtis in his lectures makes some just remarks,in which he disagrees with him in this particular, and although he admits lobelia, as a relaxant, to be superior to any thing that has been discovered, yet as a general remedy in all cases, he thinks it not equal to cayenne. He says,—"Some suppose that lobelia is the most important article in the materia medica. In this opinion I cannot agree; for though I admit that there are some cases that cannot be cured with cayenne without lobelia, yet, I am sure there are more that cannot be cured with lobelia without cayenne, or something that will serve as a substitute."

Much has been said about lobelia, which has caused a prejudice in the minds of many, who have been led into the belief that it is a poison, but this is altogether an error, and can be proved so to be, by, I might say, millions, who have witnessed and experienced its effects. It is now well known that in its operation, there is no kind of danger, and at the same time it is the most effectual in removing disease of any thing ever given as a medicine. Dr. Thomson with his characteristic shrewdness, has, in his Narrative, made the following remarks.—"In the course of my practice, a number of the doctors discovered that the medicine I made use of, produced effects which astonished them, and which they could not account for. This led them to conclude, that because it was so powerful in removing disease, it must be poison. This, I think can be very satisfactorily accounted for. They have no knowledge of any thing in their system which is capable of producing a powerful effect upon the sick, except what is poisonous, and therefore naturally form their opinions agreeable to this erroneous theory. There is a power to

preserve life and a power to produce death, which, of course, are directly opposed to each other; and whatever tends to promote life, cannot produce death, let its power be ever so great."

As to the quantity to be given at a dose, it is of less consequence than what is generally imagined. Dr. Thomson has directed for a common dose a tea-spoonful to be given in half a tea-cupful of warm water, sweetened, or it may be put into bayberry tea, or any other liquid preparation; he gives a caution, however, not to put it in any thing hotter than can be conveniently swallowed; as scalding it destroys, or materially lessens its powers. He says the best way is to give the common dose at first, and repeat it till the desired effect is produced; for if there is not enough given, it may worry the patient, and do little good; if more is given than needed, the surplus will be thrown off, and is only a waste of medicine. If the stomach is very foul and the inward heat low, its operation will be slow and uncertain; in which case give cayenne, which will assist in producing the object desired.

It may be administered in every kind of complaint without danger, and to all ages and conditions. To children, give about half, more or less, according to the age, that is directed for an adult. In the first symptoms of disorder, by giving a dose it will throw it off, and in most cases, prevent long sickness. It will not only cleanse the stomach of all offensive matter, but by its enlivening and quickening qualities, has great power in removing all obstructions. It will be necessary, however, to give cayenne, or some other stimulant, to sustain the inward heat, and keep up a free perspiration till all difficulties are removed.

BLUE AND WHITE VERVAIN.

This herb is too well known to need a particular description; it grows very common in neglected fields and pastures. It is good as an emetic, and ranks next to lobelia for that purpose. This herb has been used with considerable success in consumptive cases; and is good to prevent a fever if given in the first stages. May be given in a tea made of the dry herb, or prepared in a powder like the emetic herb.

THOROUGHWORT—BONESET.

This is a very common and well known herb, growing usually near some stagnant pool, or running stream of water, and is much used by the people for many complaints. If given in a strong tea, it will operate as an emetic; to produce which it must be given in copious draughts. It is of a warming nature, and is good for coughs and complaints of the lungs. When given as an emetic, it may be combined with vervain.

There are many articles in the vegetable kingdom which may be used with success as an emetic; but lobelia is now so easily obtained, and is so much superior to any thing else known, that it would be useless to describe them. We have known cases where food had been eaten that was hard to digest, when the stomach was in a cold and weak state, which caused very severe pain; by taking a tea-spoonful of cayenne in hot water, sweetened, it has caused vomiting and given immediate relief.

CHAPTER II.

STIMULANTS.

To raise and retain the internal vital heat of the body, and promote perspiration, causing a natural circulation of the blood.

CAYENNE—CAPSICUM—BIRD PEPPER.

THERE are several species of capsicum which are used as medicine in the botanic practice: they are all of the same nature, possessing powerful stimulating qualities; differing only in their power to generate and sustain the vital heat. They are all extremely pungent, causing a burning sensation when taken, seemingly setting the glands of the mouth on fire; but this only continues for a short time, causing the saliva to flow freely, and leaves the mouth clean and moist. Dr. Thomson says that in his practice for thirty years or more, he made use of cayenne in all kinds of disease, and has given it to patients of all ages and under every circumstance; and that he can assure the public of its being perfectly harmless, never having known it to produce any bad effects whatever. It is now admitted by all, even the medical faculty themselves, to be one of the purest stimulants known. Its effects on the system is entirely congenial to nature, being powerful only in raising and maintaining that heat on which life depends.

The best article of the kind that is now used as medicine, is made from what is called the Bird Pepper, which is brought in the pod from Liberia and other parts of the Guinea coast, in large quantities; and is here prepared

for use, by being ground in a mill, bolted, and put up in barrels like flour, when it is sent to all parts of the country and sold as any other merchandize. The pods, or fruit are quite small, growing on a shrub or bush, and when prepared for use, is of rather a dark straw colour; it may be distinguished from other kinds, by its being more pure and pungent in taste. This is what we shall hereafter designate, in our directions for its use as a medicine, by the name of cayenne.

There are other varieties of capsicum, which, when reduced to a powder, are sold under the name of cayenne; and differ from the above only in strength, being of the same nature. These kinds grow abundantly in all hot climates, and the pods or fruit are produced from an annual plant, which may be cultivated in gardens in any part of the earth within the temperate zone. The varieties differ only in the size and shape of the pods. The best is brought from the West Indies and South America, and from which has been heretofore made the cayenne, sold in the shops, and used as a condiment. The pods are of a long pointed shape, about the size of the finger, and when ripe are of a bright red colour. These pods are gathered when green before fully grown, and preserved in bottles with salt and water, when, by being put in vinegar, is what is sold as pepper-sauce. This is a very valuable article, when used as medicine, in many cases of disease. There is one thing peculiar to these pods when gathered before coming to maturity, that they continue their power of generating heat, and the vinegar may be renewed, and the same strength preserved, until entirely consumed; but if the ripe fruit is used, the strength is exhausted by two or three applications.

That capsicum, or cayenne is an article of great value in the medical practice, is now put beyond all manner of doubt. It is probably more generally used in curing every species of complaint, by those who practice upon the Thomsonian system, than any other article of the materia medica; and the regulars make much use of it throughout the country; for they have found it to be a safe and certain remedy in most of the fevers and epidemics that prevail among the people in some form or other every season. Dr. Curtis says, in one of his lectures, that when the cholera prevailed, a physician in Louisiana discovered a medicine that cured that complaint; and his success was so great that the people gave him a service of plate as a reward for his ingenuity. It was afterwards discovered that this remedy was nothing more than cayenne, disguised by being mixed with calomel. It is a well known fact that capsicum is the principal medicine used by the negroes in the West Indies and our Southern States, for all their complaints. In the Edinburgh Dispensatory we find the statement of an eminent physician, that while practicing in Jamaica, the soldiers stationed there were sorely afflicted with a disease in their eyes, for which he could find nothing that would afford the least relief, until he learned from the negroes that by applying a tincture of capsicum, it would cure the complaint; he tried it and was completely successful.

The only preparation necessary, according to Dr. Thomson's directions, is to have it reduced to a fine powder; and for a dose, from half to a tea-spoonful may be given in hot water, sweetened, or the same quantity may be mixed with the canker tea, or any other liquid preparation; and also may be put into the injections.

It will produce a free perspiration, which should be kept up by repeating the dose, until the disease is removed. It will be proper here to remark, by way of caution, that when the living energies are in a low state, in consequence of the stomach being foul and inactive, the cayenne will cause very severe pain, till it generates heat sufficient to overpower the cold; this will take place in a few minutes, when the pain will cease. To guard against this, the patient should be in a warm bed, or before a fire shielded by a blanket, and give a cup of hot tea before administering the cayenne.

COMMON RED PEPPERS.

There are two or three kinds, which differ only in the shape of the pods, being of the same nature, and as a medicine, are the next best articles to cayenne. Large quantities of them are cultivated in gardens, and the principal use made of them is for pickles; for which purpose the pods are gathered when green and preserved in vinegar. For medical use the earliest and best pods should be left and not gathered till ripe, when they will be of a bright red colour; they should be strung and hung up where they will be kept from the damp air, and when perfectly dry, must be reduced to a fine powder, and kept in some tight thing for use. It is not so powerful as cayenne, but by giving a larger quantity, in common cases, it will answer all the purposes of that article.

GINGER.

The ginger root is the produce of the East Indies, and has been imported into this country from Calcutta in large quantities, being an important article of commerce; but it has of late years, as we are informed, been extensively

cultivated in the West India Islands, having been brought there from the East; and by many is thought to be superior to the other, this is probably owing to there being more pains taken in preparing and preserving it in a pure state for the market. It is imported in the root and here ground, and may be found for sale in all the shops; the safest way is, when wanted for medicine, to buy the roots and have them ground; for what is sold in the shops is often mixed with other articles, and is of little value. Ginger is a very good article, having a warming and very agreeable effect on the stomach. It is a pleasant stimulant, and may be given as such to raise the inward heat and promote perspiration; and is a good substitute for cayenne, when that or the red peppers cannot be had. The dose must be regulated according to circumstances; if given to cause perspiration, it may be prepared the same as directed for cayenne, and must be repeated till it has the desired effect. It is made much use of in the botanic practice in poultices, and mixed with bayberry, slippery-elm bark, or pounded cracker, has been found very useful, where such applications are needed. An infusion may be made by putting some of the roots, pounded in a mortar, into boiling water, and half a tea-cupful may be given, sweetened, with a little milk, which will make it very palatable. To hold a piece of the root in the mouth, chewing it and swallowing the juice, is very good for a cough, and those of a consumptive habit; this should also be done when exposed to contagion.

BLACK PEPPER.

This is an article of commerce, and great quantities of it are imported from Sumatra and other parts of India,

where it is produced in abundance. It is sold in the shops both in the berry and in a powdered state. This pepper is a pure stimulant, and may be used as a substitute for the articles that have been before described as such, when they cannot be had; and may be prepared and given in the same manner. The articles that have been described under the head of stimulants, Dr. Thomson says, are all that he has been able to find, that could be depended upon to raise and hold the vital heat for a sufficient length of time to be of much benefit; all the others that he tried, were proved to be too volatile to do much good.

CHAPTER III.

ASTRINGENTS.

To remove the canker, by checking an unnatural flow of the animal fluids, and restore a healthy action to the secretions.

BAYBERRY—CANDLEBERRY.

This is a species of the myrtle, from the berries of which wax is obtained, and grows common in many parts of this country. It is a shrub growing from two to four feet high, and may be distinguished by the berries which it produces annually, containing wax; these grow close to the branches, similar to the juniper. The only part used as a medicine is the bark of the roots, which should be gathered in the spring before it puts forth its leaves,

or in the fall when done growing, as then the sap is in the roots. The roots should be dug and cleansed from the dirt, and pounded with a mallet or club, by which means the bark is easily separated from the stem. It should be dried in a chamber or loft, where it will not be exposed to the weather; and when perfectly dry, may be pounded or ground to a powder, to be sifted in a fine seive, and preserved for use. The coarser part to be used with other articles in making the canker tea; and the finer to be taken in substance, or used in the composition powders.

The bayberry, thus prepared, is one of the most important articles used in the botanic practice, and forms the basis upon which is founded all the canker remedies. As an astringent, there has been nothing yet found that equals it; by its peculiar effects upon the fibres it arrests the diseased state of them caused by cold, and gives energy to the living principle, by restoring the natural secretions. Dr. Thomson says that it is an excellent medicine, either taken by itself or compounded with other articles; and is the best thing for canker of any article he has ever found. It is stimulating and quite pungent, exciting the glands and causing the saliva to flow freely. Is good used as tooth powder, cleansing the teeth and gums, and removes the scurvy; taken as snuff, it clears the head and relieves the headache. It may be given in a relax, and all disorders of the bowels. When the stomach is very foul, it will frequently cause vomiting. For a dose, give a tea-spoonful, in hot water, sweetened; a little milk may be added, which will make it more pleasant.

WHITE POND-LILY.

The root of the white pond-lily has long been used as

an astringent for removing canker. It grows in fresh water ponds, and may be found in all parts of the country, being distinguished by the beautiful white flower that it bears, opening only to the sun, and closing again at night. It has large roots, which should be gathered in the fall of the year, when the ponds are low, as it can then be obtained with little difficulty. The roots should be washed clean and split into strips, then dried and prepared in the same manner as has been directed for the bayberry root bark. This article is a very good medicine for canker, and all complaints of the bowels; it may be given in a tea alone, or mixed with other articles. A tea of this root is good to make a poultice; and also is one of the best articles to cleanse old ulcers, sores and wounds.

HEMLOCK.

The inner bark of this tree is powerfully astringent, possessing a large portion of tannin; and Dr. Thomson has heretofore made use of it, compounded with other articles, for canker; but he says in his last edition, that he has found it to be of too drying a nature, and finding other articles much better, has laid it aside. Others think differently, however, and make much use of it in the canker powders as an important article. The best for medicine is to take the bark of the young tree, shave off the outside, and when perfectly dry, may be reduced to powder and saved for use. The boughs made into a tea, are very good for gravel, and other obstructions of the urinary passages, and also for rheumatic complaints. Many aged people who are troubled with rheumatic pains and stiffness in their joints, have found great relief in using this tea as their common drink.

MARSH ROSEMARY.

This plant grows on salt marshes, and has a thick tuft of dark green leaves, from the centre of which shoots up a round stem a foot or more in height, with branches that puts forth in August and September, small, bluish, purple flowers. The root only is used as medicine, and is an astringent of great power. It is much used for canker, and sore mouth and throat. Dr. Thomson says that he made use of it in his practice, for many years, with the bayberry bark for the canker tea; but finding that the lily root was better, has mostly laid it aside; and that it is so binding in its nature, that it is not safe to use it without a large portion of the bayberry.

SUMACH.

This shrub or bush grows plentifully in the Northern and Middle States, and is too well known to need any description. It bears berries, which grow in large bunches, and when ripe, are of a dark red colour, of a pleasant sour taste. As a medicine, it is of great value, being essentially astringent, and possesses a large portion of the tannin principle. The bark, leaves, and berries are used, and should be gathered in the proper season, dried and prepared for use as has been directed for all other barks, roots, &c.; they may be used all together, or each article separate. A tea made of either, or all combined, will be found useful, and may be given without danger, in almost all complaints; and may be put into the injections. It is good in stranguary, as it promotes urine and relieves difficulties in the kidneys, by removing obstructions and strengthening those parts. A tea may be made of the ripe berries, sweetened, which is very good for children in bowel complaints.

Dr. Thomson says that he has made use of the sumach for many years, and has found it one of the best articles for dysentery and other bowel complaints that he has met with; and that he has generally used it with bayberry and lily root, equal parts, for his canker tea. It may be used as a substitute for bayberry and other canker remedies, when they cannot be had.

WITCH-HAZLE.

This is an article of much value in all complaints caused by canker, and various other difficulties. It is a small tree or bush, which grows very common in this country, and may be found on new land, and in many other situations on land not cultivated. It is valuable as an astringent, to stop inward bleeding, and prevent an unnatural flow of the animal juices, which is caused by canker. A tea made of the leaves is an excellent medicine in many complaints, and may be freely used to advantage; it will give immediate relief in cases of bleeding at the stomach or lungs. The bark may be used for the same purposes, and is equally useful. An injection made of this tea, with a small quantity of cayenne, will give great relief in the piles, and is good for many complaints common to females; and in bearing down pains it will afford immediate relief, if properly given. The leaves may be used in the canker tea to good advantage, as a substitute for other articles, or alone for the same purpose. The pulverized leaves taken as snuff, is a good remedy for bleeding at the nose.

RED RASPBERRY.

This is an excellent article, and is too well known to require a particular description. It has great astringent

powers, but has no bad effects in its operation, being a friendly assistant to nature in removing disease, and restoring the natural action of the fibres and secretions. Dr. Thomson says that he discovered the value of this article as a medicine, like many other of his remedies, from necessity; for being in a distant part of the country, and called on to attend upon some cases of alarming complaint that prevailed, which he ascertained to be caused by canker; and not having any suitable medicine with him, had to resort to his rule of tasting. He went into the fields, and after trying a great number of articles, found that the red raspberry leaves was the best; he gathered some and made a strong tea, which was administered to the patients, and it had the effect desired. After this he made it one of his most important articles for removing canker, and curing many other complaints. For relax and other bowel complaints of children, it proved to be one of the best things he had ever found; by giving the tea and using it in the injections, it will give immediate relief. A tea made of the leaves, sweetened, with a little milk, is very pleasant, and may be used freely; and is one of the best things for women in travail of any he has ever found. By giving a strong tea of it, with a little cayenne, sweetened, it will regulate every thing as nature requires. If the pains are untimely, it will make all quiet; if timely and lingering, give more cayenne and half a tea-spoonful of nerve powder in the tea. When the child is born give it some of the tea with sugar and milk; this will prevent sore mouth; and the tea is good to wash sore nipples with. A poultice made with this tea and cracker, or slippery elm bark, is very good for burns or scalds; if the skin is off, by washing with the tea and applying the poultice, it

will ease the pain and soon effect a cure. It may be used in the canker tea, with other articles, or alone, to good effect.

COCASH—SQUAW-WEED.

This is plenty in most parts of the country, and by some is called frost-weed, or meadow scabish; it is a wild weed, and grows in wet land, by the side of brooks; it has a stock that shoots up four or five feet, which is rough and woolly, with a narrow leaf, and bears a bluish flower late in the fall, which remains till the frost kills it. The root lives through the winter, and in the spring puts forth a new stem; the leaves at the bottom remain green through the winter. The roots and top are used for medicine, and has a fragrant taste and smell, resembling lovage. It is an astringent, and much used by the people for canker-rash and other complaints caused by canker; is very harmless, and may be used freely without danger. Take the green roots and leaves, bruise them and pour on hot water; and give this tea, sweetened. It may be kept by adding spirits, and is good for rheumatism and nervous affections. Tinctured with spirits, it makes a very agreeable bitter, and is good for giddiness and cold hands and feet.

Remarks.—We have given a description, under the head of astringents, of all the articles that Dr. Thomson has been able to find in his long practice that he could recommend as safe and certain remedies in removing the canker and restoring a natural and healthy action to the secretions and other important functions that sustain life. According to his theory in all cases of settled disease there is always more or less canker; and a medicine

therefore that will remove this difficulty, is of incalculable value; and a correct understanding of this part of the botanic practice is of great importance to all those who make use of it to cure disease. There are many articles in the vegetable kingdom that we have not described, which are valuable as canker remedies, and may be used with success when those that are better cannot be had; if on trial they are found to be too binding, make use of cayenne, which will prevent any dangerous effects. To ascertain the properties of articles, which may be needed as astringents, it will be useful to follow the example of Dr. Thomson, and test them by their taste. If on chewing, the glands are excited so as to cause the saliva to flow freely, and the mouth is left clean and moist, it is good; but if it leaves the mouth dry and foul, it is bad and should be avoided.

CHAPTER IV.

TONICS.

To strengthen the digestive organs, and restore the natural tone of the stomach.

BITTER ROOT—WANDERING MILK-WEED.

This is one of the most valuable articles used in the botanic practice, for giving a natural and healthy tone to the stomach, and regulating the bile. This valuable vegetable grows in meadows and in hedges, in appear-

ance it resembles buckwheat, having similar white blossoms; when the stalk is broken it discharges a milky substance, which is extremely bitter; it has two small pods, about the size of cabbage seed pods, with a silky substance. This herb is wandering, that is, the roots run about under ground to a considerable distance and produce many stalks that grow up from different parts of the root to the height of about two feet. The kind that is commonly known by the name of wandering milkweed, grows only on upland. There is another kind which grows near rivers and on islands, where high water overflows it; this differs some from the other in appearance; the roots run deep in the sand; it has leaves and pods like the first, and both are good for medicine. The bark of the root is the only part made use of as such. The roots when dug should be cleared from dirt and dried, and when perfectly dry, may be pounded in a mortar, when the bark is easily separated from the woody stem that forms the inside; the bark should then be reduced to a fine powder and preserved for use. Dr. Thomson says that this root is very bitter, and is one of the greatest correctors of the bile he has been able to find; and is an excellent medicine to remove costiveness, as it will cause the bowels to move in a natural manner. A strong decoction of this root, made by steeping it in hot water, if drank freely, will operate as a cathartic, and sometimes as an emetic; and is most sure to throw off a fever in its first stages. It should be used in all cases of costiveness. The powder may be given in doses of a tea-spoonful with hot water, to be repeated as occasion may require till it has the desired effect. It may be also put into other articles used as tonics, and will in all cases be found useful.

BALMONY—BITTER-HERB.

This herb grows in wet mowing land, by the side of brooks; it is about the size of mint, the leaves somewhat larger; the stalk is four square, and the leaves are of a dark green, of a sweetish bitter taste. It bears a white flower of a singular form, resembling a snake's head with the mouth open. The balmony is a tonic of the first order, for correcting the morbid secretions of the bile, removing the torpidity of the liver, and creating an appetite. A tea made of the herb alone, may be freely used, or it may be added to the other articles described under the head of bitters, or tonics; all of which are calculated to restore the digestive powers.

POPLAR—AMERICAN ASPEN.

There are several species of the poplar tree, that grow common in this country. Of these one kind is called white poplar, and another tag poplar, or stinking poplar; the bark of both these kinds are good for medicine; but the latter is the best, being a tonic of great value. It has tags hanging on its limbs, which remain till the tree leaves out in the spring, which is later than the other kinds. The twigs are short and brittle, which are very bitter to the taste. The inner bark, given in tea, is a medicine of much value to regulate the bile and restore the digestive organs. The bark may be taken from the body of the tree, the limbs, or the roots, then shave off the outside and preserve the inner bark for use. To make the bitters it should be pounded or ground to a powder, and may be mixed with other articles, or may be used alone for the same purpose. To make a tea, take a handful of the bark pounded or cut into small strips, and put it into a quart mug or pitcher, filling it with boiling wa-

ter, which if taken freely, will relieve a relax, head-ache, faintness at the stomach, and many other complaints caused by bad digesture. It is also good for obstructions of the urine and weakness in the loins; and those of a consumptive habit will find great relief in using this tea freely. In cases of dispepsia by using this tea as a drink, it will do much towards restoring the digesture.

BARBERRY.

This is a well known shrub, growing very common in the north Atlantic States, producing red berries of a pleasant sour taste, which are much used as a pickle and for preserves. The bark of the root or top is a pleasant bitter, and is a good tonic, to correct the bile and strengthen the digesture. The bark should be collected at the proper season, carefully dried and pounded or ground to a fine powder; it is used with other articles to make the vegetable bitters, or it may be used alone for the same purpose. A tea made of this bark is very good for all cases of indigestion and may be freely used. A drink made by pouring boiling water on the berries, when dried, a little sweetened, is very pleasant, and may be used as a beverage in cases of sickness.

GOLDEN SEAL—KERCUMA.

This is an annual herb, growing in different parts of the United States, but mostly west of the Alleghany mountains. It flourishes best in wet woodlands. It has a perennial root and an annual stem, from six inches to one foot in height, with two unequal leaves, and a single whitish or rose-coloured flower. The root consists of numerous long fibres, and is of a bright red colour. It is a valuable tonic and much used as such in the bo-

tanic practice; possessing the ordinary virtues of vegetable bitters in a great degree. Dr. Thomson says he has made much use of this article, and has always found it useful in regulating the bile, and strengthening the digestive organs; and in cases of weak patients, when food causes distress in the stomach, a tea-spoonful of the root pulverized, taken in hot water, sweetened, will give immediate relief. It is good to restose the digesture, and may be used for that purpose alone, or with the bitter root, or may be compounded with other articles described under this head, for the same.

UNICORN ROOT—STARWORT.

This plant is found in almost all parts of the country, growing in open fields, and about borders of pine forests, and blossoms in June and July. It is a valuable tonic, and may be usefully employed for similar purposes with other bitters that have been described; for female weaknesses, and pains in the side and breast, it is said to be a good remedy. The root may be pulverized and taken in hot water, sweetened, or in a tea made by pouring hot water to the roots, and may be used freely.

GOLDTHREAD.

The root of this plant is a tonic and may be used as such to good advantage in all cases, for aiding the digesture and restoring the appetite. It has a creeping perennial root, of a bright yellow colour, from which it derives its name; it grows in many parts of the country, and may be found plenty in the hilly parts of New England. The plants blossom in May or June, and possesses great bitterness, but the root is the only part used as medicine. It has considerable astringent qualities,

and is often used, made into a strong tea, as a gargle for sore mouth and throat, being found useful for that purpose.

WORMWOOD.

This is a well known herb, and is much used by the people for many purposes; it is a very wholesome bitter, and as a tonic may be used to advantage to regulate the bile and restore the digesture, as it will strengthen the stomach and create an appetite. It may be given in a tea, or the green herb may be pounded in a mortar, mixed with spirit, and made into a tincture, and given in that way. This tincture, or the green leaves, pounded, may be applied to advantage in cases of a bruise or sprain.

Remarks.—To regulate the digestive organs, so that food taken into the stomach may be properly digested, and be enabled to afford that nourishment to the whole system, without which life could not be sustained, is a very important part of the botanic system of practice; and should be well understood and faithfully attended to, especially in cases where the patient has been labouring under protracted disease. We have described such articles as have been found by long practice, to be the most useful as tonics; feeling confident, that if timely and properly administered, they will either singly or by being combined, answer all the purposes needed. There are a great number of articles that may be useful for the same purpose; for every thing bitter is of a hot nature, and possesses in some degree tonic powers; and they may be used with safety, where others, better, cannot be obtained.

CHAPTER V.

NERVINES.

To soothe and quiet the nervous system, when in an irritable or unnatural state of excitement, without causing any of the injurious effects produced by narcotics.

LADIES' SLIPPER—AMERICAN VALERIAN—NERVE POWDER.

THERE are several species of this valuable vegetable; the American Dispensatory gives an account of six kinds; but Dr. Thomson describes only four, one male and three female, which are distinguished by the colour of the flowers. The male is called yellow ladies' slipper, and grows in swamps and wet lands, has a large cluster of fibrous roots matted together, joined to a solid root, which puts forth several stalks that grow about one foot high; its leaves somewhat resemble the poke leaf.

The flowers of the female plants are red, red and white, and white. The red has but two leaves, which grow out of the ground and lean over to the right and left, between which a single stalk shoots up, to the height of from eight to ten inches, bearing on its top the flower, which is of a very singular form, and from which the sexual character of the plant is known.

The red and white, and white ladies' slipper grow only in swamps and marshy ground, and are found to produce larger clusters of roots than the yellow, but in a similar form, the top of the yellow is similar to the red ladies' slipper, except the colour of the flowers.

The yellow and red are the best for medicine. The

roots only are used, which should be dug in the spring before the top puts forth, or in the fall, when the foliage is dead; for the sap is then in the root. It may be easily found by the dead stalk of the previous year. If dug in the summer, when the sap is in the stalk and leaves, the roots will nearly all dry away. When procured, it should be washed clean and carefully dried, and ground or pounded in a mortar to a fine pounder, sifted through a fine seive, and preserved from the air for use.

The nerve powder is the best medicine that has ever been discovered, for quieting the nerves when in an unnatural state of excitement. Dr. Thomson says that he has made great use of it in his practice, and has always found it to produce the most beneficial effects, in all cases of nervous affection, and in hysterical symptoms; in fact, he says, it would be very difficult in many cases to succeed in the practice, without this important article. It is an innocent remedy, and does not have any of the injurious effects produced by opium, or other narcotics, which give temporary relief only by deadening sensibility, without having the least tendency to remove the cause of disease. From the peculiar effect it has in relieving pain, and leaving the patient to the enjoyment of quiet rest, has induced some to consider it to be of a narcotic nature; but this is entirely a mistaken notion, for they awake refreshed by natural sleep, both in body and mind, without any of those dull, heavy, and stupid effects produced by opium.

From half to a tea-spoonful of the nerve powder, may be given in half a tea-cupful of hot water, sweetened, and the dose repeated if found necessary; or the same quantity may be mixed with either of the other preparations, when taken; and also put into the injections; and where

there are nervous symptoms, it should never be dispensed with.

SCULLCAP.

This herb has a small, fibrous root, the top grows from ten inches to two feet high, and in some respects resembles lobelia inflata. It may be found plenty in this country, and much has been heretofore published in the papers about its being a certain cure for hydrophobia; but with what truth we have never been able to learn. Dr. Matson has introduced it in his book as an article of much value, and makes use of it as his principal article as a nervine, instead of the ladies' slipper. Dr. Thomson makes no mention of scullcap in his book, and we therefore conclude that he thought it not of much value. We recollect once making inquiry of him as to the value of this article as a medicine; and if our memory serves us, his answer was, that he had made use of it in his practice, and had tried it in several cases; but finding little or no benefit in it, had laid it aside. It may be good, however, and as we consider it harmless, those who wish, can use it as a substitute for ladies' slipper, when that cannot be had.

We shall here insert a description of several articles, which have been made much use of in the botanic practice, and have been found to be useful in removing disease, and also as restoratives. They are all used in the medical compounds, and constitute an important part of many of them.

GUM MYRRH.

This gum is obtained from a tree that grows in the East Indies, and is kept for sale in all the apothecaries' shops. Dr. Thomson says there is nothing sold by them that possesses more useful medicinal properties than this article. He discovered its value by accident, in trying it on himself, as related in the narrative, and has since made much use of it in various cases of disease; and recommends it as the best medicine to check mortification, of any thing he has ever found. In selecting myrrh for use, take that of a light brown colour, somewhat transparent, and of a bitter taste, a little pungent. It should be reduced to a fine powder in a mortar, before used.

GUM CAMPHOR.

This gum is made much use of by the medical faculty for various purposes, and is kept in families dissolved in spirits, and is used, as it would seem, generally as a sort of preventative. It is stimulating in its effects, and may be given to advantage for warming the stomach and removing pain; but there are other articles made use of for that purpose, which are much better. The only way it is used in the botanic practice is for external applications, in which it has been found useful in sprains and bruises; for these, and many other injuries, it may be added to the rheumatic drops.

SLIPPERY ELM.

The inner bark of this tree is an article of much value, and may be used to advantage in many different ways. There are several species of the elm tree that grow common in all parts of this country; there are two kinds of the slippery elm, the bark of one is more

tough than the other, which is very brittle, and is the best for medical purposes. It is probable, however, that this difference arises only from the age of the tree, as their medical properties are the same. The bark should be pealed, the outside ross shaved off, dried, and pounded or ground to a fine powder. When used internally, put a tea-spoonful of this powder into a cup with as much sugar, mix them well together, then add a little cold water, then beat and stir it with a spoon till perfectly mixed, and then add hot water to it and stir till it forms a thick jelly. A tea-spoonful may be taken at a time, and is an excellent medicine to heal soreness in the throat, stomach and bowels, caused by canker; or more hot water may be put to it, making a drink, which may be freely used for the same purpose.

This bark is made much use of in the botanic practice for poultices, and has been found to be the best article known for that purpose, mixed with pounded cracker and ginger. Applied to burns, scalds, felons, old canker sores, &c., it will allay the inflammation, ease the pain, and heal them in a short time.

SPIRITS OF TURPENTINE.

The only way in which this article is used, is in such preparations as are introduced for external applications, in which it will be found useful in many cases. A small quantity may be added to the rheumatic drops, when used for the itch, or other bad humours that make their appearance on the skin. It is a powerful article, and should be used with caution, or it may do injury by reducing the muscular action to such a degree as to cause great weakness.

PEACH STONE MEATS.

The meats that are in the peach stones have long been used as medicine, and have been found very useful in strengthening the stomach and bowels, and assisting the digesture; for which purpose they have been used to great advantage. Used with other articles in making syrups and cordials, forms one of the best remedies known, to recover the natural tone of the stomach after long sickness; and to restore weak patients, particularly in dysentery. The bark, leaves, and flowers of the peach tree, made into a tea, is very good for bowel complaints and many other difficulties in children and young people.

CHERRY STONE MEATS.

The meats of the wild, or black cherry stones, are very good, and may be used instead of the peach meats, when they cannot be had. Procure these stones as clean as possible, and when dry they may be pounded in a mortar, and the meats may be separated from the hard shell with little difficulty; and may be used for the same purpose as the peach meats, with equal advantage. A tea made of the dry cherries, pounded, and steeped in hot water, sweetened with loaf sugar, to which add a little brandy, is good to strengthen the digesture and create an appetite.

Bitter almonds may be used as a substitute for the peach or cherry stone meats, where they cannot be had.

PURGATIVES.

In consequence of the danger of its being improperly used, Dr. Thomson has decided against the use of physic in all cases; but more particularly where there is canker, and when the obstructions that cause the disease are

not removed. The opinion he has formed from his long experience, is, that it tends to draw the determining powers inwardly, and checks perspiration by lessening the power of vital heat, and therefore doing a great injury. By correcting the tone of the stomach and bowels, with such medicines as have been recommended for that purpose, with the aid of injections, at the same time giving stimulants to raise the inward heat, nature will move as it ought to do, without being forced by drastic purges, which increase the difficulty. He has confessed to us, however, that there may be cases, and he had witnessed some, where there are difficulties remaining in the bowels, that do not go off by the use of other means used, in which articles gently purgative, such as butternut, bitter root, and thoroughwort, may be used to advantage; but he thinks, with many others who have been long in the botanic practice, that the using physic is more dangerous than useful.

It has been an established rule with Dr. Thomson in his practice, that all vegetable medicine, as far as possible, should be administered in substance, as having a more lasting and beneficial effect than when given in any other form. This opinion of his we think founded on correct principles; for it will be readily admitted, that the stomach requires the substance in all articles of food, as well as the spirit; and we can see no reason why medicine, to be in harmony with it, should not be composed of the same. All liquids when swallowed remain but a short time in the stomach, and can have no other operation than on what it contains; and, therefore, will not have any very lasting effect; but when a substance is introduced it will continue its operation till exhausted. For these reasons he has given directions,

that all his most important articles, which are given to remove obstructions and sustain the vital action, should be administered in powders.

There is another thing peculiar to him, which we think of importance sufficient to mention; that is in regard to the disagreeable effect, on the mouth, of some articles used in his practice. We recollect on some occasion of taking the liberty of suggesting to him, whether it would not be an improvement to prepare such medicine as is disagreeable to take, in pills, so that the patient would more readily swallow them than to take it in the usual way. His answer was, that this effect on the glands of the mouth, is one of the most important parts of the operation, as without this the medicine would have but a partial effect; that if food could be introduced into the stomach without being masticated and mixed with the saliva, it would not be likely to digest, and of course would cause disease. He has for these reasons disapproved of making use of pills of any kind, except such as are made of stimulating and astringent articles, to be chewed and dissolved in the mouth, to excite the glands and warm the stomach.

We shall, however, deviate from his rule in some measure, being convinced that many kinds of medicine may be compounded, made into pills, and administered in this way to as much advantage, as in any other; and will be much more convenient for the patient, and more readily taken, than when given in a liquid state.

CHAPTER VI.

MEDICAL COMPOUNDS.

Under this head we shall give directions for compounding, preparing and administering all such medicaments as have been long used in the botanic practice; and which have been recommended by Dr. Thomson as being of great value in curing disease, with some that have been obtained from others who have been long in the practice.

GREEN TINCTURE OF LOBELIA.

TAKE the green herb in any stage of its growth, if the small plants are used take the roots also, pound them in a mortar, and add the same quantity of good spirits; when well pounded and mixed together, strain it through a fine cloth, squeezing and pressing it hard to get out all the juice; keep it in bottles, close stopped for use. This tincture may be used for various purposes. For asthma it has been proved to be a sovereign remedy. It is valuable to counteract the effects of poison, to be used internally or externally. For a dose, take a tea-spoonful, with a little cayenne, in half a tea-cupful of warm water, sweetened, and in all cases of nervous excitement add a tea-spoonful of nerve powder. For external effects of poison, take the above dose, and bathe the parts with the tincture, repeating it till cured. For children when stuffed at the lungs, with symptoms of croup, or in whooping cough, by giving a small dose occasionally will give great relief.

BROWN EMETIC TINCTURE.

Another tincture is made of the seeds of lobelia, (3d preparation,) which is of great value in curing many desperate cases of disease. Take of the powdered seeds

half an ounce, or a table-spoonful, with the same quantity of cayenne, and put them in a gill of rheumatic drops, adding a tea-spoonful of nerve powder, to be kept close stopped in a bottle for use; to be shook up when taken. This is for spasms and other violent attacks, such as lock-jaw, bite of mad dog, fits, and in all cases of suspended animation. For a dose, give a tea-spoonful, and repeat it till relief is obtained; then follow with canker tea, &c.

For children, regulate the dose according to their age. If quite young, steep the powdered seeds in warm water, or tea of raspberry leaves; give a tea-spoonful of the tea, strained through a fine cloth, and sweetened, repeating the dose every ten minutes till it operates.

CANKER TEA.

Take of bayberry root bark and white pond-lily root, equal parts of each, pulverized and well mixed; steep one ounce of the powder in a pint of boiling water, and give for a dose a wine glass full, sweetened. Or, for the same purpose, may be used, sumach bark, leaves or berries, red raspberry or witch-hazle leaves, marsh rosemary, or either of the articles described under the head of astringents; they are all good for canker, and may be used together, or separately, when others cannot be obtained.

BITTERS.

Take balmony, barberry and poplar bark, equal parts, reduced to a fine powder; put one ounce of the powder in a pint of hot water, and add half a pint of spirit. For a dose take half a wine glass full. For hot bitters, add a tea-spoonful of cayenne. This preparation is for correcting the bile and creating an appetite, by

strengthening the digestive organs; and may be freely used both as a restorative and to prevent disease. Any of the articles described under the head of tonics, may be used as substitutes, as they are all good for the same purpose.

SYRUP.

Take poplar bark and bark of the root of bayberry, one pound each, and boil them in two gallons of water, strain it off and add seven pounds of good sugar; then scald and skim it, and add half a pound of peach stone meats, or the same quantity of cherry stone meats, pounded fine. When cool, add a gallon of good brandy, and keep it in bottles till used. Take half a wine glass full two or three times a day.

This syrup is very good to strengthen the stomach and bowels, and to restore weak patients; and is particularly useful in cases of dysentery, which leaves the stomach and bowels in a sore state. In a relax, or first stages of the dysentery, by making free use of the canker tea and giving this syrup, it will in most cases effects a cure, and also prevent those exposed from taking the disease.

RHEUMATIC DROPS—HOT DROPS.

To make this valuable mixture, take one gallon of good high proof brandy, or any kind of high wines, or alcohol, one pound of gum myrrh, pounded fine, one ounce of cayenne, and put them into a stone jug, and boil it a few minutes in a kettle of water, leaving the jug unstopped. When settled, put it in bottles for use. It may be prepared without boiling, by letting it stand in the jug for five or six days, shaking it well every day, when it will be fit for use.

These drops are used to remove pain and prevent mortification; to be taken, or applied externally, or to be put into the injections. One or two tea-spoonsful of these drops may be given alone, or the same quantity may be put into a dose of either of the preparations before described: it may be also used to bathe with in all cases of external swellings or pains. It is of great value in rheumatism; by taking a dose, and bathing the parts affected, it will in a short time remove the complaint. In some cases it may cause, for a short time, sharp pain; but by keeping warm as possible it will soon go off, and this is pretty sure evidence of a cure. In headache, by taking a swallow and bathing the head, it will remove the pain. It is good for bruises, sprains, swelled joints, and old sores; as it will allay the inflammation, reduce swellings, ease pains, and produce a tendency to heal; in fact there is hardly a complaint, in which this useful compound cannot be used to advantage. It is the best preservative against mortification, that has ever been found.

For bathing, in swellings, or eruptions on the skin, add one quarter part of spirits of turpentine; and for sprains or bruises, a little camphor may be added.

COMPOSITION—VEGETABLE POWDER.

Take two pounds of bayberry root bark, one pound of ginger, two ounces of cayenne, two ounces of cloves, all reduced to a fine powder, sifted through a fine sieve, and well mixed together. For a dose, take a tea-spoonful of this powder, with an equal quantity of sugar, and put to it half a tea-cupful of boiling water; to be taken as soon as sufficiently cool, the patient being in bed, or by the fire, covered by a blanket or cloak.

This vegetable composition is calculated for the first stages of disease, and in less violent attacks. It is a

medicine that will be found of great value, and may be safely used in all complaints, either male or female, and also for children. It is a good remedy for a relax, dysentery, pain in the stomach and bowels, and to remove all obstructions caused by cold, or loss of inward heat.

By taking a dose on going to bed, and putting a hot stone to the feet, wrapped in wet cloths, it will cure a bad cold, and will generally throw off a disease in its first stages, if repeated two or three times. If the symptoms should be violent, with severe pain, add to each dose, a tea-spoonful of the rheumatic drops, and half a tea-spoonful of brown emetic; and if there are nervous symptoms, add half a tea-spoonful of the nerve powder; at the same time give an injection of the same. This composition is unequalled by any article known, as a general remedy for all complaints; and no family who wish for health and comfort should be without it.

CANCER PLASTER.

Take the heads of red clover, sufficient to fill a common sized brass kettle, fill up with water and boil them for one hour; then take them out, and fill the kettle again with fresh ones, and boil them as before in the same water. Strain it off and press the clover heads to get out all the juice; then simmer it over a slow fire till it is about the consistence of tar, when it will be fit for use. Be careful not to let it burn. It may be spread on soft leather, linen cloth, or a fine piece of bladder, split and made soft. This plaster is a valuable remedy in curing cancers; and will also cure sore lips, and all old sores.

HEALING SALVE.

Take one pound of bees-wax, one of salt butter, one and a half of turpentine, and twelve ounces of balsam-

fir; melt and simmer them together; strain it off into a pewter dish, and keep it for use. It may be applied to heal fresh wounds, burns, scalds, and all bad sores, after the inflammation is allayed and the wound cleansed.

STRENGTHENING PLASTER.

Take burdock leaves and mullen leaves, bruise and put them into a kettle, with a sufficient quantity of water, and boil them well; then strain off the liquor, pressing the leaves so as to get out all the juice, and boil it down till about half as thick as molasses; then add three parts of rosin and one of turpentine, and let it simmer over a gentle fire till the water is evaporated; when it may be poured into cold water, and worked with the hands; if found too hard put in more turpentine. Spirits of turpentine may be used when the other cannot be had, but is not so good. When properly worked, it may be divided into rolls, done up in papers and kept for use. It should be spread on soft leather and applied to the part affected, as hot as it can be borne.

This plaster is valuable for many purposes. As a strengthening plaster it is superior to others commonly used; for it does not obstruct perspiration, but keeps the skin moist and active. In fresh cuts, after cleansing them from blood, by applying this plaster in such a manner as to bring the edges of the wound as near together as possible, it will soon cause it to heal. In cases of ague in the face, by applying it to the part affected, will give immediate relief, and save much pain.

NERVE OINTMENT.

Take the bark of the root of bitter-sweet, two parts; of wormwood and chamomile, each equal, one part, when

green, or if dry, moisten them with hot water; which put into horse or porpoise oil, or any kind of soft animal oil, and simmer them over a slow fire for twelve hours; then strain it off, and add one ounce of spirits of turpentine to each pound of ointment. To be used for a bruise, sprain, callous, swelling, or for corns.

VOLATILE SALTS.

Take crude sal ammoniac one ounce, pearlash two ounces, and pound each by itself, mix them well together, and keep it close stopped in a bottle; by damping it with spirit or essence, will increase the strength. This applied to the nose, is good for faintness and to remove pain in the head; and is better than what is sold in the shops.

FOR A POULTICE.

Make a strong tea of raspberry leaves; or use canker tea, or a tea of either of the articles described under the head of astringents; put in it crackers, pounded, with slippery-elm bark and ginger, pulverized; make of these a poultice of proper consistency, to be applied as warm as can be borne. This is good for old canker sores, felons, whitlows, and for burns, scalds, and parts frozen. Renew the poultice every twelve hours, or at farthest every twentyfour hours, and wash with soap suds at every renewal. Biscuit or flour bread may be used instead of the crackers, when they cannot be had.

In cases of burns, scalds, or violent contusions, if the inflammation and pain is severe, wrap the parts in cloths wet with the tea, or cold water, to be kept wet till the pain is relieved. When the diseased part discharges ripe pus, apply the healing salve until a cure is effected.

FOR INJECTIONS.

The most common preparation for an injection, in the botanic practice, is to take a tea-cupful of strong canker tea, or a tea made of either the articles described as astringents, strain it when hot, put in it half a tea-spoonful of cayenne, and a tea-spoonful of hot drops; when cool enough to be administered, add half a tea-spoonful of lobelia, and the same quantity of nerve powder. Let this be administered in all cases where there is the least chance of its being needed; to be repeated as occasion may require, till relief is obtained.

Many other articles may be used to advantage in the injections; a tea of witch-hazle and red raspberry leaves, either, or both together, will answer a good purpose in many cases. When there is canker in the bowels, a tea of either of the articles described as astringents, will be useful, if administered in this way, and afford great relief. When the canker is removed, the bowels will be left sore, in which case give injections of witch-hazle or raspberry tea, with slippery elm bark, which will remove the difficulty. If they are given to move the bowels only, by increasing the inward heat, and causing a natural action, the lobelia should not be used. It is always safe to add the nerve powder, and if there is nervous symptoms, it should never be omitted.

Whatever is good to remove disease when taken into the stomach, is likewise good for the same purpose, if given in injections; for the remedy to be useful must be applied wherever the disease is seated. In all cases of dysentery, cholic, piles, and other complaints where the bowels are badly affected, injections should never be dispensed with. They are perfectly safe in all cases; and better that they be used ten times when not needed,

than once neglected when they are. In many violent cases, particularly where there is danger of mortification, patients may be relieved in this way, when there would be no chance in any other. In many cases peculiar to females, they are of the greatest importance; and will afford certain relief, if properly administered, to the parts where the difficulty is seated.

ELIXIR OF LOBELIA.

Take any quantity of the stems of the emetic herb, bruise them well, and put them into a wooden vessel, similar to what is the practice in leaching ashes, with a little clean straw at the bottom, before the outlet, as a strainer, press them down as close and solid as possible; then pour on them common proof whiskey, boiling hot, enough to nearly cover the mass, cover it over with a cloth, and let it stand for two or three days, or a sufficient time to have the liquor absorb and take up all the virtues of the plant; then it may be drawn off through the spigot, and put into bottles, and kept for use.

This is a new preparation of lobelia, and has been approved of by Dr. Thomson, as a valuable addition to the remedies used in his system of practice. As a counterpoison it has been proved of great value, as it destroys the virus and puts an end to its eating effects in all ulcerous sores. In the venereal complaint it is a sovereign remedy, if applied in the first stages of the disease. By cleansing the parts affected, and applying this elixir freely, it will remove all difficulties, and effect a speedy cure. In all scrofulous eruptions, or swellings on the surface, by first washing the parts with warm water in which has been dissolved a small quantity of pearl ash, and then washing with the elixir, it will eradicate

the poison, correct the secretions, and restore to a natural state the vital action. One or two tea-spoonsful may be given as an emetic, and will have a milder operation than either of the other preparations of lobelia.

EMETIC PILLS.

Take half an ounce of powdered seeds of lobelia, one spoonful of cayenne, two tea-spoonsful of nerve powder, and a few drops of the oil of pennyroyal, spearmint, or peppermint; then add a sufficient quantity of the extract of peach leaves to make the mass moist enough for the purpose designed; mix the articles well together and make it into pills. For a dose, from two to six may be taken on going to bed, or any other time when it may be thought needed.

HEALING SALVE.

Slack four ounces of quick lime in a pint of rain water, and let it settle till clear; then pour it off and add half a pint of linseed oil, two ounces of beeswax, and let them simmer over a slow fire till the water is evaporated.

WASH FOR SORE EYES.

Take one tea-spoonful of white vitrol, or alum, and one and a half of rock salt, and dissolve them in a gill of soft water. By washing the eyes with this often, it will give great relief. It may be also used to advantage in any cutaneous disease.

SYRUP FOR SUMMER COMPLAINT.

Take blackberries when ripe, mash and strain them through a cloth so as to get out all the clear juice, add to this about an equal quantity of loaf sugar; then add to it good brandy sufficient to keep it from becoming

sour. This syrup is said to be a very valuable medicine for relax or dysentery, particularly for children. One or two tea-spoonsful may be given several times during the day, till relief is obtained.

BUTTERNUT PHYSIC.

Take eight ounces each of butternut bark and peach leaves, four ounces of bitter-root, bruise them in a mortar till fine, and then put the whole into a brass kettle with a gallon of rain, or other soft water, boil it down to about one half, then strain it off, pressing it so as to get out all the juice. Put the liquor into a clean kettle and boil it again to about a pint; when cool add about the same quantity of molasses. For a dose take a tea-spoonful every three or four hours till relief is obtained. Care should be had not to continue the doses too long, as it might do harm, by drawing the determining powers inwardly. To preserve for use put it in a glass bottle, kept close stopped, and add brandy sufficient to keep it from souring.

We do not recommend this physic to be used only in cases where there shall appear to be a difficulty, or stoppage in the bowels, which all other means used do not seem to reach, in which case it may prove useful.

HULL'S CHOLIC PILLS.

Take of gum aloes half a pound, myrrh, cinnamon, and cloves, one ounce each, ginger half an ounce, mace one drachm, saffron two drachms, nitre two ounces; reduce them to a fine powder in a mortar, and sift through a fine sieve, then add two table-spoonsful of good brandy; work it well together with the hands, and make it into pills. By pounding the aloes and myrrh by them-

selves till tolerably fine, then adding the other articles, it will save much labor. If mace cannot be had, twice the quantity of nutmegs may be used instead.

These pills have long been celebrated for curing the billious cholic, and as a remedy in all cases of billious complaints, is a medicine far superior to any of the great variety of pills sold for that purpose. The above is the only true recipe, as it is a correct copy of that which has been handed down through four or five generations from the inventor. They are mild in their operation, and cause no pain; being stimulating and soothing in their effect, assists nature in removing all obstructions and in restoring the stomach and bowels to a healthy state. From four to six pills may be taken as a dose, and when the pain continues severe, it must be repeated every three hours till relief is obtained. By taking a dose at night on going to bed, it will remove disease in its first stages, and often prevent a fit of sickness.

REMEDY FOR RELAX.

Make a strong tea of sweet gum-tree bark, strain off one pint, and when cool add to it a pint of new milk, which has been boiled, and sweeten with loaf sugar, or molasses. Take one or two tea-cupsful every hour till it gives relief. This is much used in the Southern and Western States, and with universal success, even when all other remedies had failed. In those parts where the gum-tree bark cannot be had, bayberry bark or any other powerful astringent, may be used instead.

ONITMENT FOR PILES.

Boil bayberry bark and white pond-lilly root together, and make a strong decoction; strain off the liquor, and to a pint, add one ounce of alum; when dissolved, add

one pound of fresh hog's lard; simmer them over a slow fire for six hours, when it may be preserved for use. By applying this ointment often, particularly when going to bed, it will give great relief, and in most cases effect an entire cure. Wash the parts occasionally with alum water.

Remarks.—We have given directions for making all the most important compounds recommended by Dr. Thomson, and used in his system of practice, with several others that have been obtained from other sources, all of which have been proved by long experience to be of great value in curing disease. Many more might be given if thought necessary; but these, we think, will be found sufficient for all purposes, if administered or applied with judgment and sound discretion. Those who have a correct knowledge of the botanic practice, and strictly conform to our classification of the medical properties of the various vegetable substances that have been found useful in relieving the sick, may compound and prepare them in as many different ways as their judgment or fancy may dictate. For those who may need a more correct understanding than they have been able to obtain, we insert for their use the following information.

Syrups.—These are made by boiling the articles and obtaining a strong decoction, then add sugar or honey, simmer over a slow fire, and when cool, add spirit sufficient to preserve them.

Tincture.—Pound the green herbs or roots in a mortar, adding good spirits or vinegar; then strain through a fine cloth, press so as to get out all the juice. If dry herbs or roots are used, soak them a short time in hot water, and proceed as above.

ELIXIR.—This is made by infusion, by putting the ingredients into spirits, and letting them remain till nearly dissolved, which will give it a thicker consistence than a tincture.

OINTMENT.—Make a strong decoction of the vegetables used, strain it off and add hog's lard, fresh butter, or any kind of animal oil, sufficient to make it of proper consistency, then simmer it over a slow fire till the water is evaporated.

CONSERVES.—Take either flowers, roots, or herbs, pound them in a mortar with loaf sugar or honey, making it into a paste, to be diluted as occasion may require.

LINIMENTS.—These are prepared by adding to a vegetable extract or decoction, such articles as are soothing and penetrating in their nature, such as spirits of different kinds, essences, volatile oils, soaps, alkalies, &c. To be applied externally.

PILLS.—To make these, the ingredients should be reduced to a fine powder, then to be moistened with any kind of extract or conserve, suitable to make the mass into pills.

PLASTERS.—These are made in many ways, and of a great variety of materials; but the only kinds used in the botanic practice are prepared from vegetables, which are boiled till the whole strength is extracted, the liquor strained off and boiled down till about as thick as molasses; then add rosin, with a sufficient quantity of turpentine to give it a proper temperament; and let it stand over a moderate heat till it can be worked with the hands like wax.

SALVE.—This may be made by putting together beeswax, fresh butter, suet, with other articles of a balsamick and emollient nature, and simmer over a slow fire till

properly digested, then strain it off and preserve for use.

Bitters.—These may be prepared in various ways, from any of the articles described under the head of tonics, either in powder or by making a strong decoction and adding stimulants and spirits to make them more effective. Spirit may be added to suit the taste and preserve them from change.

It may be useful here to observe, that in preparing and administering many of the doses used in the botanic practice, free use should be made of sugar, honey, or molasses; as it will make them more pleasant to take, and not in the least injure their effect. Milk may be also used to advantage for the same purpose, particularly in giving medicine to children, who will readily take it when prepared with milk and well sweetened, when it would be difficult to induce them to take it in any other way. Honey is a valuable article as a medicine, and may be used to good advantage, either alone, or by being put into such remedies as are used for a cough; as it has a tendency to loosen the phlegm and give relief to the fauces and glands of the throat. When milk is given to patients in a debilitated state, it should in all cases be boiled.

CHAPTER VII.

MEDICAL SIMPLES,

To be used in many different ways, and for various purposes, in giving relief in cases of sickness; they are all harmless in their effect, and will be found useful in giving aid to more powerful remedies; when freely given in tea, will promote perspiration, and will cure colds and other complaints in their first stages.

SPEARMINT.

This is a well known herb, and makes a very pleasant tea, which may be freely used in sickness. The most valuable property it possesses, is to stop vomiting. If the emetic herb, or any other cause should produce violent vomiting, by giving a strong tea made of this herb, it will stop it, and sit pleasantly on the stomach.

PEPPERMINT.

This article is very hot in its nature, and may be used to advantage to promote perspiration and overpower the cold. It has been frequently used for that purpose with success, but is volatile, and will not retain the heat long in the stomach. In colds and slight attacks of disease, to drink freely of a tea made of this herb on going to bed, will throw it off. The essence, put in warm water, is good to give children, and will relieve pain in the stomach and bowels. A few drops of the oil, given in warm water, or on loaf sugar, is good for the same purpose.

PENNYROYAL.

This herb grows common in all parts of the country, and is too well known to need any description. It is an article of value, and a tea of it may be freely used in all

cases of sickness. It is good for the stomach, being warming and cleansing; if drank freely, will produce perspiration, and remove obstructions. In colds and slight attacks of disease, it will be likely to throw it off, and prevent sickness. It is very good for children, and will remove pain in the bowels from wind. In going through a course of medicine, a tea of this herb may be given for drink, and will cause the medicine to have a pleasant operation.

SUMMER-SAVORY.

This herb grows in gardens, and is made use of to season meats in cooking; it is of a very pleasant flavor, and of a hot nature. A tea of it is good for colds, and may be used freely in case of sickness. There is an oil made from this herb, which will cure the tooth-ache, by putting a little on cotton, and applying it to the affected tooth.

HOARHOUND.

This plant grows common in this country, and is made much account of in removing a cough. An infusion made of the leaves, sweetened with honey, is good for the asthma, and all complaints of the lungs. The syrup of this plant will loosen tough phlegm, and remove hoarseness caused by a bad cold. The hoarhound candy is very useful for such as are troubled with a cough, particularly old people, and those who are short winded.

ELECAMPANE.

The root of this plant, made into syrup, is good for a cough; and has been made use of for that purpose with advantage in many cases, and can be recommended as a safe and useful remedy in complaints of that kind.

MAY-WEED.

A tea made of this herb, to be drank hot when going to bed, is very good for a cold; and in slight attacks of a fever, if used freely, and a hot stone put to the feet, will, in most cases, throw it off. It grows common in old fields, and by the sides of roads.

TANSY.

This is a hot bitter herb, grows common in highways, and is cultivated in gardens. A tea made of this herb is good for hysterics and other female complaints; it will strengthen those who have weak reins and kidneys, and is good for the stranguary, or stoppage of urine. The green leaves pounded, are good to put on bruises and sprains, and will allay the swelling.

CAMOMILE.

This is a well known herb, the flowers are sold by the apothecaries and are made much use of in a tea for many complaints. It is good given in a tea for bowel complaints, and externally applied will relieve sprains, bruises, and swellings, and remove calluses, corns, &c., and restore shrunk sinews.

BITTER-SWEET.

This herb has long been esteemed as a medicine of considerable value for many complaints. It grows common in this country, in hedges where the ground is moist, and the top runs along the ground or climbs on bushes. Its taste, when chewed, is first bitter and then sweet, which has given it its name. It is said to be a good medicine for internal injuries, and to remove obstructions, which is no doubt correct. The bark of the root, with chamomile and wormwood, makes an ointment

of great value, which is an excellent thing for a bruise, sprain, callous, swelling, or for corns.

MULLEN.

The leaves of this plant are very good to bring down swelling, and to restore contracted sinews, by pounding them, and applying them warm to the part affected. For external use they are an excellent article in many complaints. This herb is too well known to need any description. It is an important article in the strengthening plaster.

BURDOCK.

The leaves of this plant, wilted by the fire, and applied to an external injury, will allay the inflammation and ease pain; and they are good pounded and put on to a bruise or sprain, as it will give immediate relief. It is made use of in the strengthening plaster. The leaves are good applied to the feet in case of fever, to keep them moist, and promote perspiration.

SKUNK-CABBAGE.

This vegetable grows common in all parts of New England; it has large leaves somewhat resembling cabbage, from which and its disagreeable smell, it takes its name; it may be found in the meadows and wet land. The root only is used for medicine, which should be dug and split into strips, and carefully dried; when dry, it should be pounded or ground to a powder. This powder may be taken in a tea, sweetened, or made into a syrup, or half a tea-spoonful may be mixed in honey and taken in the morning, or at night on going to bed. It is good for asthma, cough, difficulty of breathing, and all disorders of the lungs.

WAKE-ROBIN.

This plant grows wild in this country. It has three triangular leaves, from between them it puts forth a naked stalk, on the top of which is a singular stem or pistil, enclosed in a sheath, resembling a flower, which is followed by a bunch of reddish berries. This root is used for medicine, and resembles a small turnip. It is extremely pungent and stimulating, and is often given for cholic and pain in the bowels, and to expel wind. The root should be dried and reduced to a powder, and may be given mixed with honey, or in a syrup.

FEATHERFEW.

This herb is stimulating, and is good for hysteric complaints, and many other disorders common to females. It promotes the passage of urine, and removes obstructions in those parts. It should be taken in tea alone, or may be added with camomile, and used to advantage in all cases of obstructions.

CLIVERS.

This is a sort of joint grass and grows in mowing land, where the ground is wet. It has small leaves at each joint; the stalk is four square, and the edges are rough like a sickle. This herb, made into a strong tea, and drank freely, is very good for the stoppage of urine, and may be made use of for all obstructions in those parts to advantage.

BLACK BIRCH BARK.

A tea made of this bark, is useful in curing all complaints of the bowels, and to remove obstructions. It has been made much use of in dysentery. This tea, with peach meats or cherry stone meats, made into a syrup, is an excellent article to restore patients, after having been

reduced by that disease, and to promote the digesture. It is good for canker, and all complaints of the bowels.

EVAN ROOT.

This is called by some people chocolate root, on account of its resembling that article in taste, and is made use of by some for common drink, instead of tea or coffee. It is good for canker, and may be used as a substitute for other articles. It grows common in this country, and is too well known to need describing.

BALSAM FIR.

This balsam is obtained from a tree well known in many parts of this country; it is taken from small blisters which form in the bark. It is of a very healing nature, and is good to remove internal soreness. It forms an important article in the healing salve. When taken, it may be dropped on loaf sugar.

GENTIAN.

This root grows wild in this country; and is found plentifully in Vermont. It was formerly collected for exportation, and large quantities of it were sent to China, where it brought a great price. It is said the people of that country considered it of great value; but for what purpose they use it is known only to themselves. It is a nervine, and may be used to advantage in all cases of nervous affection, either alone or mixed with other articles. The root should be dug in the fall, dried, and reduced to a fine powder; from half to a tea-spoonful may be given for a dose, in hot water sweetened.

SNAKEROOT.

This is a well known article, grows wild, and may be found in most parts of this country. It is of a hot nature, and is made much use of in tea, for measles and

other eruptions, to keep the disorder out, for which it is considered very good; this is owing to its warming qualities, which keeps the determining powers to the sarface, which effect may be produced by almost any strong stimulant; but cayenne, or the composition powders, is much the best for that purpose. A tea made of this root may be given to advantage in many cases of disease; it has a tendency to promote perspiration, and is good to remove pain in the stomach and bowels, and expel wind.

MUSTARD.

The seed of this herb is principally made use of for culinary purposes, being eaten on meat; for which it is ground to a fine powder, and mixed with warm water. It is very pungent and of a hot nature; but is volatile, and will not hold the heat long enough to do much good in retaining the internal heat. It is good to create an appetite, and assist the digesture; and given in hot water, sweetened, will remove pain in the bowels and stomach. It is frequently used for rheumatism, both internally and externally.

HORSERADISH.

The root of this plant is mostly used for culinary purposes, and it has some medicinal properties. It is of a hot nature, but very volatile; its warming qualities will mostly evaporate before it gets into the stomach. The roots may be given to promote the appetite, and assist the digesture. The leaves are sometimes applied to remove external pain, but is apt to raise a blister.

BALM OF GILEAD.

This tree is of the species of the poplar and possesses some medicinal virtues. It resembles the kind of poplar that has been described, having similar tags; but the buds and leaves are larger. The buds bruised and tinc-

tured in spirit, produces an effect something like the tincture of myrrh; and is good taken inwardly as a restorative, and for bathing sores. The bark scraped from the twigs, and steeped in hot water, is a good corrector of the bile, and will operate both as an emetic and cathartic; it is more harsh than the other kind of poplar, but may be used to advantage in many cases of disease.

BUTTERNUT.

This tree grows common in this country, and is well known from the nut which it bears. The bark of this tree is used by the country people to colour with. The bark taken from the body of the tree or roots, and boiled down till thick, may be made into pills, and operates as a powerful emetic and cathartic; a syrup may be made by boiling the bark, and adding one third molasses and a little spirit, which is good to give children for worm complaints. The buds and twigs may also be used for the same purpose, and are more mild. White ash bark and balm of gilead may be added, equal parts, and made into syrup or pills. Those who are fond of drastic purges may have their ends sufficiently answered by these preparations, and they are the most safe and harmless of any that are known; and those who wish to be tortured with blisters, can have them cheap, by bruising the green shell of the nut, or the bark, and applying it where the blister is wanted, keeping the bandage wet, and in three hours they will be completely drawn, and the skin as black as that of an African. This is much quicker and safer, than if done with flies, and will not cause stranguary. The bark of the butternut is the principal ingreent of Dr. Hawkes' rheumatic and cancer pills, and also of Chamberlain's billious cordial, which have been so celebrated for many complaints.

PIPSISWAY—RHEUMATIC WEED.

This herb grows on mountainous land, and on pine plains, where the boxberry or checkerberry is found plenty. It is an ever-green, and grows from three to six inches high, has a number of dark green leaves, about half an inch wide, and from one to two inches long, with a scalloped edge; bears several brown seeds, resembling allspice. The tops and roots are used for medicine. The roots, when chewed, are very pungent, which will be felt for several hours on the tongue, as though burnt. A strong tea made of this plant is good for cancers and all scrofulous humors, by drinking the tea and bathing with it the parts affected.

WILD LETTUCE.

Another evergreen plant, called wild lettuce, grows on the same kind of land, which possesses much the same medical properties as the above. It has round leaves, from the size of a cent to that of a dollar, resembling common lettuce. The roots of this plant and of the pipsisway, dried and powdered together, equal parts, is good to cure all bad humors. Take a tea-spoonful of the powder in a glass of hot water, and bathe the parts affected with the same. It is also good to restore weak nerves.

GOLDENROD.

This herb may be found common on pine plains and in hedges; it grows about two or three feet high, has a long narrow leaf, very smooth and glossy, and a large cluster of yellow blossoms; it has a sweet spicy taste and smell, resembling fennel or annise. There is an oil obtained from this herb, good for medicine; and prepared in an essence, is good for pain in the head, to be taken, or the outside bathed with it. The oil is good to scent the bay-

berry and bitter root snuff, which is very good to be taken and snuffed up the nose.

MEADOW FERN.

This is a shrub, and grows in meadows, and by the side of stagnant water, sometimes growing in the water; it is found in thick bunches, and grows from two to three feet high. When the leaves are off, it has a large bud, which is larger on some bushes than others; some of them bear a small bur, or cluster of seeds, which, when rubbed between the fingers, leaves an oily or balsamy substance, having a fragrant smell, something like spirits of turpentine.

These burs, pounded fine and simmered in cream, hog's lard or fresh butter, is almost a sovereign remedy for the itch, or external poison, and all bad humor sores. When the burs cannot be had, take the bush and buds and make a strong decoction; drink of this and wash with the same. This liquor may be prepared in syrup, and by boiling it down, may be made into ointment, as has been described for the burs; the syrup should be taken and the ointment put on the affected parts. This ointment, or the wash, is good for salt-rheum, or canker sores, and may be used freely.

YELLOW DOCK.

The root of this plant is well known as being made into ointment for the itch. The roots should be bruised fine in a mortar, and put in a pewter basin, add cream enough to make an ointment, keep it warm for twelve hours, be careful not to scald it. Rub it on at night when going to bed. Three times using it will generally effect a cure. The foregoing described ointments, together with canker tea and the rheumatic drops prepared with the spirits of turpentine, will be sufficient to cure any case of this complaint.

PRICKLY ASH.

This is a small tree or shrub that grows in the Western country, and is well known by the people. It grows from eight to twelve feet high, and bears a berry that grows close to the limbs; it has leaves like the white ash. The bark and the berries are used for medical purposes. The berries are very pungent, and are a powerful stimulant, as also the bark of the top and roots, though not so strong. The berries should be pounded and steeped in hot water, then put into wine or spirit, and it makes a very good hot bitter. Take half a glass two or three times a day; it is good for fever and ague, for which it is much used; and for lethargy, or sleepiness, and for cold feet and hands, and other complaints caused by cold.

BITTER THISTLE.

This herb is a species of the thistle, and is cultivated in gardens. It is of one year's growth. The stalk has a number of branches, and a great quantity of leaves. The leaf is somewhat larger than the Canada thistle, with prickles like it; and it bears seeds about the size of the barley corn, with a beard on the end, nearly as long as the seed. The leaves are used for medicine, which may be steeped in hot water, and drank like other herb tea, or they may be reduced to a powder and taken in molasses or warm water, or in wine or spirit. It is an excellent corrector of the bile, and may be safely used for that purpose. The Cardis Benedictus, or beloved thistle, is cultivated in the same manner, and may be used for the same purpose.

ARCHANGEL.

This herb grows wild in wet land, and may be often found among the grass, and at the edges of plough fields. It grows from four to twelve inches high; the leaves are rather smaller than mint leaves; it bears a kind of bur containing seed, which grows round the stalk at each joint. There are two kinds which grow near each other; they look much alike, but are quite different in taste. One is very bitter, and the other has no bitter taste, but is very rough, and of a balsamic taste. They may be used together in a tea or syrup, and answer two important purposes; the rough removes the canker, and the bitter is a corrector of the bile.

TOMATO—LOVE APPLE.

This plant grows about two feet high, and has a large succulent stem and branches, resembling the potato vine. It bears a large pod, somewhat similar to the red peppers, which, when ripe is of a red colour. This fruit is esculent, and much used for culinary as well as medical purposes. The expressed juice of the tomato has proved a valuable remedy in the botanic practice, for liver complaints, dispepsia, pain in the bowels, and obstructions in the billiary ducts. It may be made into pills by boiling down the juice to a proper consistency. Made into a syrup as has been directed for other articles, will be found convenient and useful in many complaints.

DANDELION.

This herb is a valuable tonic, and is much used boiled for greens; and is also a good medicine in many cases of bad digestion, as it will strengthen and regulate the stomach, and create an appetite. By pounding the green herb and extracting the juice, and taking it several times a

day, will be found a valuable remedy in all billious complaints.

SWEET ELDER.

This is a small tree or bush, and may be found growing in most places in the Northern States. It bears large clusters of berries, which are of a pleasant sweetish taste. The bark, leaves, flowers and berries are much used by the country people as a medicine. It is gently physical, and will be found a good article used as a restorative, and for many other purposes. A syrup made of the ripe berries is very good to regulate the stomach and bowels, and prevent costiveness. A tea made of the flowers is good to give young children, and will relieve griping pains.

SARSAPARILLA.

This is a root brought from South America, and grows also in the Southern States; it is kept for sale in the apothecaries' shops. By making a strong tea of this article and taking a wine glass full two or three times in a day, will give great relief in all scrofulous complaints, as it will act as a purifier of the blood, by regulating and promoting the secretions. It may be used, compounded with other articles, to advantage, for the same purpose. We lately knew a case of a young man, who in long voyages had been much afflicted with the scurvy, so that he lay for several months in the hospital in a very distressed situation, from scrofulous eruptions, sores and rheumatic pains; and getting no relief, left it as incurable. He applied to an old doctor, who undertook the cure; and after preparing a strong decoction of sarsaparilla root and the bark of the root of sassafras, gave him a wine glass full three times a day. In three weeks it effected a complete cure.

There are many other vegetable simples that may be used to good advantage in the first stages of disease, to promote perspiration, and strengthen the digestive organs: such as motherwort, catnip, yarrow, juniper, liverwort, sage, &c. They are all good articles, and may be used with safety in all cases of sickness, either in herb drinks, or for fomentations and other external applications. We think proper here to remark, by way of caution, that harm may be done by giving herb teas too strong. People are very apt to think that remedies of this kind can never do any injury; but this is a mistake, for they may possess strong medical powers, and should be used with proper caution. The best way is to make them rather weak, and give more in quantity, as the hot water produces a very important part of the effect in giving relief.

CHAPTER VIII.

THE STEAM BATH.

To repel and ward off the effects of the surrounding cold air, and enable the vital energies, by the power of heat to throw off, by perspiration, the morbid matter accumulated in the system by disease.

The steam or vapour bath has been used as a means of curing disease, by the people of different nations, especially by those inhabiting the cold latitudes, from time immemorial; and has by them been considered of the greatest importance, both as a preventative as well as to

cure all kinds of complaints to which they are subject. That it is a safe and salutary remedy, to aid in removing all obstructions, equalizing the circulation, and restoring the health, there can now be no doubt; for it has not only been adopted as one of the most important means in the botanic practice to restore health, but has been generally recommended by the medical faculty, and by many of them used in their practice.

When it became known to the faculty that Dr. Thomson made use of steam to cure his patients, they cried out against it as a dangerous practice, and spread reports that he steamed them to death; and to throw ridicule on him and those who followed his practice, called them *steam doctors*. Now this is proof positive, we think, that they had no knowledge of it as a means of removing disease, until introduced by him. Several years ago, when Dr. Thomson was in the full tide of his practice, one of the faculty by some means obtained a knowledge of the manner in which he made use of steam, and the effects it produced on his patients. He after this went to England, and there introduced the vapour bath as his own discovery, and it met with encouragement from the medical faculty, and was patronized by the nobility. After this he returned to this country, obtained a patent for it as a new discovery, under the name of medicated vapor bath, and met with great favor from the faculty here, who recommended it as an important improvement in medical science. We mention this merely to show the pitiful shifts they have been put to for the purpose of extricating themselves from the ridiculous position they have been placed by their conduct towards the man who had been guilty of the heinous offence of having presumed to

cure, by his simple means, patients that had been given over by them to die.

In the first stages of his practice, and when he had discovered the advantages of using steam in curing disease, Dr. Thomson had to make use of such means as were to be found at the time; but he afterwards made many improvements, and adopted several plans which were more convenient, as well as more certain in having the desired effect. His usual way was to create steam by pouring water on hot stones, and placing the patient over it, shielded by a blanket. He says he tried the experiment of putting a quantity of herbs round the hot stones, and by pouring on water raised a medicated vapour; but he soon was convinced that the addition made no difference in the effect, and was, therefore, useless; for the only benefit derived from the application of steam, is better obtained by using pure water than any thing else. On considering the subject he made up his mind, that it was a much better way to introduce the medicine into the stomach, and apply the steam to the surface of the body; by which he gained two objects. By the first, he raised the fountain by increasing the inward heat, and by the second he lowered the streams by lessening the power of cold in the surrounding air, which would cause a free perspiration.

As it is one great object with us to give such information as will enable families to be their own doctors, and relieve themselves from all kinds of complaints without requiring assistance from others, we shall give a particular description of the manner in which Dr. Thomson steamed his patients during his long and successful practice, it being the best for their purpose, as the means are within the reach of every family. It is as follows:

Put into the fire three or four stones of different sizes, and let them be till quite hot. Have a tea-kettle full of boiling water at the same time ready. Let the patient be undressed and wrapped in a blanket, or coverlid, so as to entirely exclude the air from all parts of the body except the face. Then take a small kettle or iron basin, and put into it one of the hot stones, the smallest first; pour to it a quart of the boiling water, and let the patient stand over it, the kettle within the blanket, and keep up a lively steam by pouring on hot water from the tea-kettle, and changing the stones as they become cool. After standing over the steam as long as it can be conveniently borne, which will generally be from ten to fifteen minutes, wash all over with cold water, then rub well with a dry cloth, put on the night clothes, and get into bed, with the last stone used wrapped in wet cloths put to the feet; or they may dress and sit up if thought best. Before steaming, give a dose of composition or cayenne; and after being over the steam about five minutes, give another. If the patient should feel faint, dash a little cold water on the stomach, which will revive them; and if the steam should be too hot, open the blanket at the bottom to let in the cool air.

When the patient is too weak to stand over the steam, they may be placed in an open bottomed chair, with the kettle between the feet, covering the whole with the blanket; or they may be steamed in bed, by heating three pretty good sized stones, put them in water till done hissing, then wrap them in several thicknesses of cloths well wet with water, and place one at the feet and one on each side; if faint, wet the face and bosom with cold vinegar or water. When children are steamed, the best way is to let a person set in a chair and hold the child

in his lap, covering the whole with a blanket; by which means they can be attended upon and the steam regulated better than in any other way.

There has been a number of contrivances introduced for applying the steam bath, some of which are very convenient, and are used by those who can obtain them. The best that we have seen is a box constructed for the purpose. It should be made about two feet and a half square, and six feet high, with a tight bottom, and a door in front five feet high, with a window four feet from the bottom, for a ventilator, before which there should be a curtain. It should have a false bottom, raised about two inches above the other, with holes on each side to let the steam pass up into the box, under which the steam should be let in through a lead pipe from the boiler. It should be raised from the floor sufficiently to set a dish under to receive the water through a hole made at the bottom. The top may be made like that of a shower bath, to be used for that purpose when needed. There should be a seat, that the patient can sit down when unable to stand.

The most convenient way to generate the steam is with a copper boiler placed in a sheet iron stove made for this purpose; at the top of the boiler should be an outlet, fixed in such manner as to attach to it the pipe which conveys the steam to the box; and another through which water can be introduced when needed. There should be a stop-cock fixed in the pipe near the boiler, so as to shut off or regulate the steam at pleasure. A substitute for this may be made by using a small iron pot, with the lid well secured and made perfectly tight, in which there should be a hole, contrived in such a manner as to attach to it the pipe. Or the pipe may be fixed

to the nose of a tea-kettle, and by securing the top and making it tight; so that steam may be generated and conveyed to the box in either of these ways sufficient to answer the purpose. They may be made to boil by placing them over a fire, or on a cooking stove; or a portable furnace will be found very convenient, which may be placed in any part of the room, and with a small quantity of charcoal, may be made to answer every purpose.

There has been another plan for steaming introduced, which is much used. A box is made about three feet square, and six inches high, with holes in the top for the steam to pass through, which is communicated into the box through a pipe from the boiler. A frame is placed upon the box, covered with canvass to exclude the air, of sufficient height for the patient to stand or sit in while steaming. This is convenient on account of its being made so as to be taken apart, and may be removed to wherever it may be wanted with little trouble.

Steaming is a very important part of the Thomsonian system of practice. There are many cases of chronic disease that it would be difficult to relieve without the aid of the vapour bath. In all diseases where the vital energies have become so far exhausted by the loss of inward heat as not to be aroused by the administration of medicine, steaming is absolutely necessary. In all cases of suspended animation, and bruises caused by falls and other accidents, the steam bath will seldom fail of giving immediate relief. When attacked with a sudden cold, which shows symptoms of a settled disease, by taking stimulants and using the steam bath, it will throw it off and prevent long sickness.

In rheumatic fevers and all cases of chronic rheuma-

tism, the vapour bath has been proved by long experience to be one of the safest and best remedies known. In cases of the gout, if made use of on the first attack of the complaint, it will give immediate relief, and save much pain and suffering. Those who are subject to this disease, we should advise to have a steaming apparatus in their house, and whenever they feel symptoms of an attack, by making use of it they may stop its progress, and prevent its becoming a settled disease. Before using the steam bath, take some stimulating medicine to guard the stomach and keep up the inward heat, which will prevent any bad consequences. We have known several gentlemen that had long suffered from the gout, who have adopted this plan, and they assure us that they have in every instance since, been able to relieve themselves, and have not been confined more than twentyfour hours in any case.

The object to be obtained in using the steam bath, is to open the pores, stimulate the skin to a natural action, and aid in removing the morbific matter from the capillaries and glands. When the skin is very hot and parched, it is evident that the tension is too great, and there is so much heat directly under the skin, that none is needed outside of it. In such cases steam should never be used, for the patient could not bear it but a short time without fainting. We are informed by those who have had much experience, that cases of this kind often happen in those violent attacks of fevers, common in the Southern and Western States. The blood in a short time seems to become putrid and stagnant, in which state steam could not be borne; and therefore relief must be attempted by other means. The only course to be taken in such cases, with any chance of success, is to keep the

patient in bed, and give the most powerful medicine to raise and sustain the vital heat, such as the brown emetic tincture and cayenne; at the same time wet the surface with spirits or vinegar. Continue this treatment till perspiration takes place; or the skin becomes moist and cool, and the circulation resumes a natural state. After this there will be no difficulty in their bearing the steam bath with comfort and advantage.

CHAPTER IX.

A COURSE OF MEDICINE.

To restore the health by stimulating to a natural action the vital energies—cleanse the stomach from all impurities—remove all obstructions caused by cold—and restore the tone of the digestive organs, so that food will maintain heat and life.

To give a correct understanding of what is meant by a course of medicine in the Thomsonian system of practice, it will be necessary to have recourse to experience gained by long practice. Those who have a correct knowledge of the principles upon which the system is founded, will readily understand, from the information already given, the proper application of a regular course of medicine; but as upon this depends, in a great measure, the success of the practice in curing disease in all its various forms and symptoms, we shall give a description of the plan adopted by Dr. Thomson, with such improvements as his long practice enabled him to make, as

well as that of others who have followed in his footsteps. Yet, after all, much must be left to the judgment; for it would be impossible, within our prescribed limits, to give particular directions, that would be proper in every case of disease. In acute attacks there would be no difficulty; but in cases of long standing, the patients must be treated according to their situation, with a proper regard for the progress of the disease, the state of the vital action, and the nature and location of the complaint under which they suffer.

In chronic cases, when the patient is in a very low and debilitated state, the best way is to begin with caution, administer stimulants, and make use of such other means as will raise, as much as possible, the inward heat, before giving a regular course of medicine. It may be necessary to pursue this plan for two or three days, or even longer, when thought advisable, to insure all the advantages expected from the course. There is one great advantage in this plan of treatment, over that of the regular doctors, with their mineral poisons, opiates, &c., which only tend to reduce the system and prolong the disease; for if it does not effect a cure in all cases, it will not make the patient any worse, or leave any bad relics behind. The following is the general plan recommended by Dr. Thomson, and is what he has followed in his own practice for many years.

Before commencing a course, give a dose of composition or cayenne, and make such preparations as may be needed; then steep one ounce of the canker powder, (bayberry and lily root,) in a pint of water; strain off from a gill to half a pint of this tea, and add half a tea-spoonful of cayenne, when cool enough to give, add half a tea-spoonful of the emetic powder, and the same quan-

tity of the nerve powder, and administer it for an injection. When the operation of the injection is over, strain off a tea-cupful of the tea, and add to it a tea-spoonful of cayenne, and the same quantity of sugar; when cool enough to take, add a tea-spoonful of the emetic powder, and half that quantity of nerve powder. Let this dose be given, and in fifteen minutes give another dose of the same, and if vomiting does not prevent, in about the same time give the third dose. If there is fear of mortification, a tea-spoonful of the rheumatic drops should be added to each dose and to the injection.

After the patient has recovered sufficiently from the operation of the medicine, which is usually in two or three hours, they must be steamed, as is directed in the preceding chapter. When they have had a full operation of the steam bath, washed all over with cold water and well rubbed with a dry cloth, if not strong enough to sit up, put on the night clothes and let them be put into a warm bed with a steaming stone at the feet. After a few minutes rest, let them eat a bowl of milk porridge, or gruel, with a little cayenne in it, which will set well on the stomach and cause an inclination to sleep.

During the course, especially under the operation of the emetic, let the patient drink freely of herb tea; and when the sickness is severe and they are not disposed to vomit, dissolve a piece of pearlash the size of a pea in a little warm water, and give it, which will generally have the desired effect. If the vomiting should continue longer than wished, give a strong tea of spearmint, and it will in most cases stop it; if it does not, give half a tea-spoonful of cayenne in the tea.

This constitutes what has been called by Dr. Thomson a regular and full course of medicine; and is sufficient for

one time ; but if the disease, or what causes it, should not be entirely removed, it will be necessary to repeat the course as occasion may require, till that object is accomplished. Between the courses great care should be had to keep up the inward heat by giving cayenne or composition ; for if this is not attended to they may lose ground and have a relapse. A tea-cupful of canker tea should be given night and morning, and during the day let the patient drink often of a tea made of poplar bark ; and if costive give the bitter root.

As soon as the disordered state of the system appears to be restored, and the circulation free and natural, give the bitters to correct the bile and restore the digesture ; a wine glass full of the syrup, may also be given two or three times a day, to strengthen the stomach and regulate the digestive organs. Any kind of nourishing food that the appetite may crave, if properly prepared and well seasoned, may be eaten by the patient with safety and advantage, provided they do nor eat too much at one time.

As we prefer practical knowledge to visionary theories, we shall endeavour to give such information only as has been obtained from the experience of not only Dr. Thomson, but others who have long been in the practice. The following is the description of the manner in which the course of medicine is given, by one who has had sufficient experience to entitle his opinions upon the subject to have some weight. It will be seen that it differs not materially from what has before been directed, except in steaming before giving the emetic ; and this in many cases is undoubtedly an improvement, as it has a tendency to prepare the system so as to cause an easier and greater effect to the operation of the medicine. He

says :—we commence the course by giving an injection ; then apply the steam bath, and while under the operation of the steam give a dose of composition ; after being in the bath from ten to twenty minutes, according to circumstances, or till there is a free perspiration ; then rub well with a dry towel, and put on the shirt, keeping the patient as much as possible from exposure to the air; then put them into a warm bed, with a steaming stone at the feet. After this give a dose of the emetic, repeating the dose in from fifteen to thirty minutes, and if found necessary give a third. When the operation is over, which will take from two to four hours, place them in the steam bath for from eight to twenty minutes, and then shower with cold water, wipe dry and put on the clothes, or get into bed as before, as the case may be. During the course give herb tea, or such other drink as they may desire ; and when over let them eat milk porridge, or any other food that may be thought proper.

He further remarks, that in commencing operations with sick patients, the plan must be varied according to circumstances and the peculiar situation of the patient. In cases of old complaints, when they are in a very low and weak state, we begin by giving composition two or three times a day, with one or two injections ; and pursue this course for one, two, or more days, before giving a full course ; during the time keeping them in a warm bed with a hot stone at the feet, and using stimulating medicine to raise the inward heat and increase the strength. In acute attacks when the system is not much reduced, it will often answer every purpose to put them in a warm bed with a steaming stone at the feet, and give the composition ; when they get warm and perspiration commences, say in twenty or

thirty minutes, give the emetic doses as has been before directed.

There are various ways by which relief may be obtained and a cure effected in common cases of disease, without going through a regular course of medicine. It is the practice of some to soak the feet in water as hot as it can be borne, sitting by the fire shielded by a blanket; then give a dose of composition, and as soon as there is a free perspiration, take out one foot at a time, rub them well with a dry cloth, and put on woollen stockings; then give the emetic doses as before directed. When this is done to throw off a bad cold only, the emetic may be omitted. After the operation is over, wash with cold water, spirit or vinegar, and rub well with a dry cloth. This is a very convenient plan in cases of children, as they can be managed in this way better than in any other; and it will of violent attacks of croup or lung fever, give great relief, and in most cases effect a cure, if seasonably attended to.

In many complaints peculiar to females, courses of medicine, either in full, or partially administered, are the safest and best means that have yet been found, to remove those obstructions which cause the disease, and restore the living energies to a healthful and active performance of all their duties in sustaining life. Even in cases of child-bed delivery, experience has proved beyond all manner of doubt, that by giving courses of medicine during pregnancy, and particularly near the time of delivery, will afford that aid to nature which enables it to perform all its duties, and save the mother much pain and suffering; and by repeating it after delivery, will prevent all those dangerous consequences to which they are so often subject.

In regard to the number of courses to be given, or the length of time they are to be continued, is a matter on which there may naturally be a diversity of opinions. In acute attacks of disease one course will generally be sufficient; but in old complaints of long standing, when the system is much disordered, it will be necessary to continue them occasionally until the difficulties that cause the disease are all removed, and order takes the place of disorder. In cases of the latter kind, especially when the symptoms are violent, we should recommend to carry them through a course once in six hours, or at least give three courses in twentyfour hours; then follow with tonics and restoratives, giving stimulants and nourishing food, for two or three days. After this if the appetite is good and the patient gains strength and appears to be relieved from the cause of disease, the courses may be discontinued; but if this is not the case, and there should appear to be obstructions that have not been removed, they must again be resorted to, and continued as before, until every vestige of disease is eradicated from the system. It should be remembered that the courses are intended to disengage and expel from the system, all the accumulated morbific matter, which the unaided efforts of the vital power is unable to remove. This we think is a better plan than to give a course only once a week, or even in two or three days, as is the practice of some; for in that case the patient will be apt to lose as much in the interim as they gain by it; and will therefore take a greater length of time to effect a cure.

Remarks on Food.—It is one of the great principles upon which the Thomsonian or botanic practice is founded, that all medicine to be useful in curing disease, must act in harmony with food; and that it requires no

greater learning or extraordinary skill in preparing and administering medicine to cure the sick, than it does to prepare and furnish food to relieve hunger. Medicine is given to aid nature in removing all obstructions, by increasing the vital heat and restoring it to its full power, so as to produce an equilibrium in the whole circulation. When this is effected nature calls for food to supply that nutriment which is necessary to form the blood and maintain the living principle. As to what kinds of food is best calculated to afford this nutriment, it must be left entirely to experience and those wants which may be made manifest by the feelings and appetite of the patients.

After a course of medicine, Dr. Thomson says the patient may eat any kind of nourishing food the appetite may crave, with the caution not to eat too much at a time. This as a general rule is unquestionably correct; but the great variety of articles that may be equally good make it necessary for those who attend upon the sick to prepare such as they think the most nourishing and easy to digest, changing them according to circumstances, as the taste and wants of the patient may require. When the stomach is weak, especially after an operation of the emetic, milk porridge or water-gruel is the most suitable for food; but as the strength gains something more substantial will be required; and a great many articles that are nourishing and suitable, may be used to advantage; such as chicken broth, beef tea, boiled rice, broiled chicken, crust coffee, &c. When the stomach will bear it, beef steak, cooked rare and well seasoned, will be found very nourishing; and a slice of salt pork broiled on the coals, to be eaten with cayenne and vinegar, or pepper-sauce, is very good, and will strengthen the digesture.

Milk Porridge.—Put a quart of water in a kettle, with a proper quantity of salt, and while heating mix a gill of flour in a bowl with water, made thick, and when the water is boiling hot, drop this into it with a spoon, stirring at the same time; when well boiled add half a pint of milk. This to be eaten while going through a course of medicine; and is good food for the sick at any other time, especially while the stomach is weak.

Chicken Broth.—Cut a chicken in pieces, and put the gizzard in with it, opened and cleaned, but not peeled. Boil it till the meat drops from the bone. Begin to give the broth as soon as there is any strength in it; and when boiled eat some of the meat. Let it be well seasoned. This may be given at any time, and is very nourishing to weak patients, particularly in cases of dysentery.

Water Gruel.—This is made in different ways, and of a variety of materials. Oatmeal is considered the best, and is generally used. It is often made with Indian meal; but for very weak patients we think not so good as many other articles. The manner of preparing it is too well known to need any description.

Those who have had much experience in nursing the sick, are after all, the best judges in regard to regulating the diet of patients; and being at all times with them, can better know what food they need, and what is most proper for their nourishment.

PART THIRD.

DIRECTIONS FOR THE TREATMENT OF DISEASES UNDER THE VARIOUS FORMS AND SYMPTOMS IN WHICH THEY MAY APPEAR, AGREEABLY TO THE THOMSONIAN OR BOTANIC SYSTEM OF MEDICAL PRACTICE.

CHAPTER I.

GENERAL RULES

To be observed by all who wish to preserve their health, by preventing disease as well as curing it.

1. It must be borne in mind, that heat constitutes the living principle, and is always opposed by cold; which makes active all matter. It may be considered a fact, therefore, that as much as heat has power to excite the vital energies to resist the effects of cold, so much will there be health and strength; and when this power is in any essential degree diminished, by whatever cause, the system will become more or less disordered.

2. That the construction and organization of the human frame, is in all essentially the same; being formed of the four elements; earth and water constitute the solids of all living bodies; which is made active by fire and air. In this consists life and motion, in all living animals.

3. To preserve a perfect state of health, there must be a due balance in the temperature of the elements; and if this is by any means destroyed, the consequence is a disordered state of the system. When this is the case, there is always a diminution of the vital heat, or an

increase of the power of cold. By aiding nature to recover this balance, the living energies will be able to sustain a healthy action in all the functions of life.

4. Most of the disorders to which the human family are liable are caused by obstructed perspiration, which may be produced in a great variety of ways. The most common is by what is called taking cold, or by a sudden loss of inward heat; the surrounding cold air closes the pores, and checks the natural circulation by turning the determining powers inwardly. The medicine, therefore, that is best calculated to remove obstructions and promote perspiration, should be administered.

5. The food that is digested in the stomach affords the proper nourishment to the system, and maintains that heat on which life depends. By taking more food than nature requires, and particularly when it is not such as is suitable for nourishment, the stomach becomes foul, and it is not well digested; this causes such a loss of the inward heat as to bring on disease. The best remedy is to cleanse the stomach with emetics, raise the heat with stimulants, and give tonics to restore the digestive organs.

6. In all chronic complaints there is more or less canker, which is caused by the power that cold gains over heat, in such parts as become the seat of disease, either internal or external. Its eating nature causes such an irritation of the muscular fibres and glands, that a cure cannot be effected without removing this difficulty. Therefore the canker remedies should be made use of as long as there is any symptoms of canker.

7. When a disease is removed, make free use of the bitters and such other means as will strengthen the digestive organs, together with nourishing food; not for-

getting to keep up the inward heat, by giving occasionally cayenne.

8. Remember that one ounce of prevention is better than a pound of cure; and give medicine on the first appearance of disorder, to remove it before it becomes a settled disease; for it may then in most cases be easily thrown off, and much sickness and suffering prevented.

9. When administering medicine to children, give about one half, a little more or less, according to their age, of the quantity usually given to an adult. Remember to offer them drink often, especially young children who cannot ask for it.

10. We hold it to be a truth, that fever, or inflammation, is not a disease, but only a symptom, showing a disturbed state of the natural heat of the body; which is caused by obstructions in the circulation of the blood, so that it crowds in a greater quantity into certain parts, and giving appearances of a greater degree of heat than is usual. Give such medicines, therefore, as will increase the inward heat, remove all obstructions, and restore a natural circulation.

11. If in going through a course of medicine the emetic should cause extreme nausea, and the patient not be disposed to vomit, it may be owing to the cold and foul state of the stomach, or to its ascidity; for the first give cayenne freely, and for the latter, give half a teacupful of warm water, with a piece of pearlash dissolved in it the size of a large pea. In some cases by shifting the position, and turning over on the other side, will cause it to operate.

12. Care should be at all times had that the air in a room where there is sickness, should be kept as pure as possible; by making a quick fire of light fuel, and at

the same time raising a window, it will drive out the foul air and the pure air will take its place. Cleanliness is also very important; and the clothing and bed clothes should be often changed.

13. If the glands are dry, so that there is little or no moisture in the mouth, or if the patient is distressed for breath, give a strong tea of cayenne, sweetened, and repeat it till the mouth becomes moist, which will give relief. Astringents should never be given while the skin is in a dry and parched state, and there is no moisture in the mouth.

14. Avoid all mineral preparations used as medicine: such as mercury, arsenic, antimony, copper, iron, zinc, lead, &c. They are all deadly poisons and enemies to health. It is as contrary to nature to use mineral substances as medicine, as it would be to use them for food. No art can make them any thing but poison.

15. Avoid all vegetable poisons; such as opium, strammonium, tobacco, foxglove, garden hemlock,(scicuta) digitalis, deadly night shade, henbane, garget root, poke root, and many others that are known to be poisonous. They are all dangerous when used in any manner or form as medicine; for they only ease pain by destroying sensibility, without having any tendency to remove the cause.

16. Beware of bleeding and blistering; for they never do any good, but will often be productive of great harm. This mode of treatment is contrary to nature, and only tends to strengthen the power of the enemy to health.

17. Never employ a doctor who makes a secret of his practice. There can be no good reason why you should not know of what the medicine you swallow is compo-

sed, than there is of the food you eat. There is an appearance of deception in such practice, that should prevent having any confidence in those who use it.

18. Avoid using any of the quack medicine so vauntingly advertised as infallible remedies for all complaints. There is always danger in making use of secret compounds; for they often contain articles of a poisonous nature, disguised under the name of simple vegetable preparations. When there happens to be a cure that is supposed to be effected by them, it is circulated with great pomp in all the newspapers, to promote its sale by attracting the public curiosity; but we hear nothing of those cases in which it fails to do any good, or is injurious.

19. Be careful to wrap up warm on leaving a hot room to go into the cold air, especially about the throat; and keep the feet warm and dry. There has been more sickness caused by taking cold in neglecting this than in any other way. There is more danger in exposing a part of the body to the cold air, than there is by exposing the whole; for in the latter case it is opposed by the whole power of the vital heat, and in the first the citadel is conquered in detail.

20. Use proper caution in drinking cold water in very hot weather, as it sometimes causes fatal consequences, by suddenly overpowering the inward heat; in which case give the most powerful stimulants, to counteract the effects of cold. Warm water is better to quench thirst than cold, and may be swallowed in any quantity without danger, let the system be under ever so great an excitement.

21. Be careful not to cool too suddenly when the excitability is carried to the highest pitch by violent exer-

cise, or any other cause. Sit in a moderately cool place, where there is no current of air, and take something hot; remaining in this situation till the circulation resumes its natural state.

22. Keep always in mind that regularity and temperance in all things, is of the greatest importance in preserving health. By imposing more labour on the digestive organs than they are able to perform, is laying a sure foundation for disease. Avoid, therefore, excess in eating and drinking, and be regular in your habits. This is very important to those who have weakly constitutions.

23. Never eat meat that is tainted, or any way injured, as it will engender disease, by becoming putrid before it can digest, and communicate the same to the stomach and its contents.

24. Beware of unripe fruit, or that which is injured by decay; as it will produce disorder and cause bowel complaints. Good ripe fruit is wholesome, and may be eaten by the sick, when convalescent, with safety; and is good to quench thirst. The Spaniards have a maxim, that fruit is gold in the morning, silver at noon, and lead at night.

25. Never use any kind of deception with the sick, nor promise what you do not believe. Judicious encouragement will often be a benefit; but disappointment may do much harm. The imagination has a powerful effect on those who are labouring under disease, and the nervous system is in a weak state. If the patient has faith in your skill, it will go a great way towards a cure.

26. Never give cayenne or the emetic, in cases of delirium tremens, or when the system is much debilitated by drinking to excess ardent spirit. Make free use of strong bitter drinks with hot herb teas, till the tone of

the digestive organs are restored, and there is a natural circulation; when a course of medicine, if needed, may be given with safety and advantage.

CHAPTER II.

FEVERS.

Having laid it down as a correct principle, agreeably to Dr. Thomson's theory, that fever is not a disease, but only a symptom showing a disturbed state of the vital heat, we feel somewhat labouring under a difficulty in giving directions for curing such complaints as are called by that name, or febrile diseases. Now in our view of the subject, as there can be but one kind of heat in the body; and as in every case of disease there is more or less fever, or symptoms of increased heat and inflammation, it must follow of course, that a medicine or course of treatment which will remove the difficulty in one case, must produce the same effect in all others. We maintain that heat is life and cold death; or, to be more explicit, that in proportion as heat has power to sustain the living principle, by resisting the effects of cold, which is always opposed to it, so much there will be life and health; but should heat, from whatever cause, lose this power, the consequence will be that cold will gain such an acendency as to obstruct the natural circulation and give a check to the vital action, either partially or generally through the system; which if not removed by na-

ture itself, or proper medical aid, will continue to approximate toward dissolution, and eventually terminate in death.

The botanic practice is calculated to afford that aid which nature requires, by increasing the internal heat with stimulants, and shielding the body from the external air; and when perspiration is restored, by cleansing the stomach and strengthening the digesture, food will be sufficient to sustain the vital action, and restore to a healthy state all the functions of life. In all his practice Dr. Thomson pursued this course of treatment in cases of fever, and never lost a patient, where the debility was not so great as to be beyond the reach of human aid; and from an exeperience of more than forty years, never met with a case that changed his opinions on the subject. He considered fever as a friend to health and always treated it as such, by following the indications pointed out by nature to remove the cause of disease. In this consists the most important difference between his practice and that of the regular doctors; for they treat fever as an enemy, and give medicine to break or destroy it; which in fact, is to destroy life, by diminishing the power of heat, and thereby giving cold a complete control over it.

In treating upon the subject of fever, or febrile diseases, we shall be under the necessity of adopting the fashionable names given by the medical faculty to diseases described under this head; as a better way to give correct information on the subject than any other plan that we can adopt. Fevers are said to be of two kinds; general and local. Local, from partial injuries or diseased parts; general, from an affection of the whole system, or morbid action of all the vital powers. The different

forms of fever are described to be pestilent, malignant, inflammatory, remittant and intermittant. To this might be added a great deal about causes, stages, and states of fever; but as we consider the whole founded in error, or at least as being hypothetical, shall confine ourselves to effects, as ascertained by the sypmtoms in each case of disease; and leave conjecture as regards causes to others, who may feel disposed to pry into mysteries that are beyond the reach of human knowledge.

Much has been said and written upon the subject of vitality and to determine in what part of the body the vital principle resides, without affording much light upon the subject, or coming to any definite conclusion. It was the opinion of Dr. Thomson that it is in the blood; and he has the support of the language of scripture and the writings of the poets of all ages—that in the blood is the life. The blood is recipiant, and is the vehicle by which heat and nutriment is conveyed to every part of the system. In all cases of fever the first symptoms are discovered by the action of the blood, which seems to rally its powers to remove the cause of disease, in whatever part the attack is made, by which the vital action is increased in those parts, causing inflammation, or a disturbed state of the natural heat. Although we are convinced that life or heat resides in the blood, yet we maintain that the stomach is the fountain of vitality; from which is supplied, by the food that is digested in it, all the heat and nourishment, that sustains animal life.

We feel satisfied with the belief, that it is a mistaken notion that there ever is too much blood, or too much heat in the body; but when there is disorder, there will be an increase in that particular part where the difficulty is located, at the same time there must be less in other

parts of the body; this causes a loss of that balance necessary to sustain a healthy action; and needs the aid of such remedies as will by their stimulating qualities, increase the inward heat and equalize the circulation. In a perfect state of health there is as much blood and heat in the whole body, as it is capable of receiving. Disease and depletion may diminish, but can never increase the amount. To take away part of the blood is depriving the patient of just so much of his life; and to give calomel, nitre drops, and other poisonous preparations, increases the malady by lessening the power of heatan d adding to that of cold, without having the least tendency to remove the cause of disease. This is particularly the case in all fevers; and should be avoided by all who wish for health; for it is better to trust to nature than to such practice. The erroneous theory adopted by the medical faculty on this subject, has in our opinion been the great cause of their bad success in curing disease.

TYPHUS FEVER.

The diseases called by this name are various, and it is somewhat difficult to ascertain what is meant by it; for it is customary with the regular doctors, when they find a disease that they do not understand, attended by inflammation, or a disturbed state of the inward heat, and there being no distinguishing symptom by which it may be called, to pronounce it a typhus fever. Dr. Thomson has called it the ignorant fever; this idea he took from the answer of a very old physician, of whom he made inquiry what was meant by the term; and he replied by giving it that name. It is, we presume, what has generally been called by the people a slow fever, or long fever; and their doctors tell them it must have its run.

Their practice is, when hot flashes make their appearance, showing that nature or heat is making an effort to remove the obstructions that cause the disease, by overpowering the effects of cold, to give medicine to kill the fever, by which means the patient is kept in a debilitated state, as long as this course is pursued. In all cases of this kind there is canker in the stomach and bowels, which must be removed by the canker remedies; at the same time raising the inward heat by stimulants, and restoring the digesture. In this as well as all other similar complaints, in their first stages, the difficulty may be removed by very simple means, if seasonably applied; but when the disease becomes seated, it must be treated like all other chronic cases. The best plan of treatment is to give a full course of medicine, and repeat it as occasion may require, till the cause is removed; then follow with the proper restoratives.

YELLOW FEVER.

This disease is malignant and contagious; the symptoms which distinguish it from all other fevers, are cold chills, accompanied with faintings, or a complete prostration of strength; sickness at the stomach and a strong inclination to vomit, from the first. After a certain time the skin becomes of a yellow colour, beginning with the eyes, neck and breast, thence over the whole body. Vomitting continues, and near the fatal termination a black matter is ejected, resembling coffee grounds. The tongue is at first covered with a yellowish coat, but afterwards becomes quite black. This alarming complaint it is generally supposed is caused by a poisonous or peculiar state of the air, which communicates to the system the virus or miasma, that produces the disease. It is the prevailing opinion that it is conveyed to the lungs by the

breath, and mixing with the blood, poisons the whole circulation, but we think there is good reason to believe, that it is conveyed to the stomach by the saliva; for there the first symptoms make their appearance, and it also becomes the seat of the disease, from which the blood is affected in the same manner as by other poisons when taken into the stomach. These remarks are equally applicable to all other diseases of a contagious, malignant, or pestilential nature.

This disease should be treated in the most rigorous manner; by giving the most powerful stimulants to be had, with the brown emetic tincture, and give the same by injections; shielding the body from the air, wetting it occasionally with spirits or vinegar; and persevere in this course till there is a free perspiration, or the skin becomes cool and moist; after which a regular course of medicine may be given, and repeated as the case may require, till every vestige of disorder is removed; then follow with tonics and restoratives the same as in all other bad complaints.

SPOTTED FEVER.

This fever has prevailed in the New England States, to a considerable extent for several years; and seems to be one of those epidemics with which the people have been afflicted, under one form or another every season. It derives its name from the dark coloured spots that appear on the skin. The symptoms are in many things similar to those of the yellow fever; with dizziness, pain in the head, and a general langour, and sometimes with a loss of all sensation. Dr. Thomson had much experience in this complaint, and the success of his practice astonished every one who witnessed it, not having lost a patient; at the same time the regulars lost nearly all

they attended. He attributed its cause to a sudden loss of the vital heat; which increased the power of cold to such a degree, as to give a complete check to the living energies; in counteracting which by raising the inward heat to a natural state, was able to remove the cause of disease, and in a short time restore his patients to health.

We can give no better directions for the treatment of this disease, when the attack is sudden and violent, than what has been given in cases of yellow fever; though in milder cases, and in the first stages of the complaint, it may be thrown off and the health restored, by giving composition or cayenne, with the steam bath, till there is a perspiration, without a full course of medicine.

LUNG FEVER.

This fever is caused in the first instance by a bad cold, which seriously affects the lungs, and the glands and air vessels connected with the windpipe. The symptoms are a distressing sensation in the parts affected, usually accompanied with chills, which are succeeded by great heat, then an acute pain attacks the chest, usually the middle of one side, extending to the collar bone and shoulder. The breathing is frequent and short, with a hard, frequent and distressing cough.

The first thing to be attended to in this complaint is to keep the cough loose, so that the patient may raise easy, by giving small doses of the lobelia tincture with cayenne or composition; if this can be effected, and there is a free perspiration, there will be little danger; but if this is not the case, and the cough becomes hard and dry, with much distress in breathing, and the pain is severe, it is evident that the disease has become seated, and must be treated like other violent cases; by carrying the patient through a full course of medicine; to be

repeated, till relief is obtained, and the difficulties are all removed. Then follow with restoratives.

SCARLET FEVER.

This complaint is most common to children from the age of two or three to that of ten or twelve; those of an advanced age never have it, and the younger class are seldom much affected by it. It prevails to a considerable extent, and under the treatment of the regular faculty generally proves fatal. The symptoms are restlessness and a continued inclination to vomit; canker appears in the mouth and throat; generally about the third day the skin on the stomach and other parts of the body appears of a scarlet colour; the throat becomes much swollen, and often so much so as to make it very difficult to swallow. If the eruption makes its appearance and can be kept out, it is a favorable symptom, and they generally recover; but if this is not the case, or if it disappears after coming out, it will be most likely to terminate fatally in from twentyfour to thirtysix hours.

The treatment of this disease under the Thomsonian practice has been very successful. In the early stages, by giving cayenne and the canker tea freely with the steam bath, and keeping the determining powers to the surface, it will generally take a favourable course and go off without much danger. If this is not the case, they should be carried through a course of medicine. A gargle of cayenne, salt and vinegar, will be found to give great relief, and should be used often. Hot applications to the throat and stomach will give much relief.

FEVER AND AGUE.

This disease having been treated upon in another part of this work, for which see page 91, it is thought unnecessary to be very particular in giving any far-

ther description of it. It prevails mostly in the Southern and Western States; and often follows a violent attack of the billious fevers, which are common in those parts. It may be easily cured by courses of medicine, which should be given when the hot fit is on; to be followed by tonics to restore the digestive organs, which are always much impaired, and with strengthening syrups and light food.

BILLIOUS FEVER.

The febrile diseases that have been called by this name, are numerous, and vary very much in their symptoms; but they all seem to arise from one general cause, that is, from loss of the inward heat, which causes obstructions in the billiary ducts and other parts designed to secrete and supply the bile, without which the food cannot be digested and prepared in a suitable manner to supply the blood with its proper nutriment. This produces prostration of the strength and loss of appetite, with a total derangement of the circulation, and a suspension or stoppage of the natural evacuations. These difficulties can only be removed by courses of medicine, with a free use of tonics to restore the bile, and strengthen the digestive organs.

CHILD-BED FEVER.

This complaint is common to women in child-bed, and takes place generally in from two to four days after delivery. The faculty do not seem to agree as to the cause, or the best mode of treatment. Those who are attended by the Thomsonian practice never have it; and therefore we think it unnecessary to give directions for its cure. If in cases of this kind the patient is carried through a course of medicine before and immediately after delivery, there will be no danger of a settled dis-

ease; but, if it should occur from neglecting this, or from erroneous practice, they must be treated in the same manner as has been directed in other cases of febrile diseases.

CHAPTER III.

DISEASES OF THE SKIN.—ERUPTIONS.

The diseases that come under this head are quite numerous, and are cause of more suffering, and attended with more dangerous consequences, than most other complaints. The Thomsonian, or botanic practice has been in a remarkable degree successful in curing all cases of this kind; which is good proof of the fact, that our theory in regard to the cause of disease is correct; and that the mode of treatment under that practice is more likely to effect a cure, than any other that has been yet discovered. We have given our views pretty fully on this important subject in a former part of the work, for which see page 109; it will therefore be unnecessary to say any thing more upon it at this time. We shall proceed, however, in giving a description of some of the most important diseases of this kind, with directions for their cure.

ERYSIPELAS.

This disease has of late years prevailed to a considerable extent in many parts of the country, and has produ-

ced much alarm among the people. It is considered as contagious, and if not checked in its first stages, assumes a very putrid and malignant character, and under the regular treatment in most cases terminates fatally. It most frequently occurs to those of advanced age, or those who are debilitated, and their systems are in a morbid state. On the first appearance of this complaint, the difficulties may be often removed, by giving the most powerful stimulants and making use of the steam bath; but when it assumes a dangerous stage, it must be treated as has been directed for other putrid and violent attacks of disease. For a more full description and other information on Erysipelas, see page 114 to 116.

MEASLES.

This disease is contagious, and very few escape having it at some period of their lives; though it is most common among children. The first symptoms are a moist and peculiar appearance of the eyes; pain in the head, with a tickling sensation in the nose, sneezing, and a dry husky cough. On the fourth day the eruption usually makes its appearance in deep red pimples, which gradually becomes fainter as the disease advances. The febrile symptoms are greater on the appearance of the eruptions. This begins to subside on the third or fourth day from its appearance; and in favorable cases goes off without producing any bad effects. The eyes are seriously affected by this disease, and should therefore not be exposed to a strong light. The cough may continue for some time, but if properly treated will gradually subside and go off, with little inconvenience or danger.

In treating this disease the main object should be to keep the determining powers to the surface, by giving

stimulants, such as a tea of composition or cayenne, and hot herb teas; keeping the patient from exposure to the cold air, and producing a moderate perspiration; and let the disease take its natural course. When the eruption does not make its appearance in the usual time, or after coming out should disappear, a full course of medicine should be given as soon as possible, and repeated, if necessary, till the difficulties that cause the relapse are removed. This will seldom fail of effecting a cure, without injuring the system, or leaving any latent disorder behind.

SMALL POX.

We shall not attempt to give any particular description of this disease; for the change that has taken place within the last half century in regard to it, by the introduction of the kine pox, renders it unnecessary. It is highly contagious, being taken by the breath, or may be received by inoculation, in which case it is much more mild than when taken in the other way. Dr. Thomson has paid much attention to this disease, and has been successful in curing many cases that have come under his care. He says it is the highest state of canker and putrefaction that the human body is capable of receiving, but thinks that it may be cured by his system of practice, or any dangerous effects from it prevented, with as much certainty as other diseases of a putrid and malignant nature. The best directions that we can give for the treatment of this disease, is what has been given for that of the measles, which need not be repeated.

VARIOLOID.

None are subject to this complaint but those who have had the kine pox; and it seems to be connected in some

measure with that disease and the small pox; for the symptoms are nearly similar to the latter, but is very different in its progress and crisis. In most cases under the botanic treatment, it has been cured without difficulty in a short time; but in others it has assumed a more malignant and dangerous character, which nothing but a perseverance in the courses of medicine could remove. There can be no doubt of the fact, that vaccination is a preventative of the small pox; but whether it is certain in all cases is a matter of doubt. That it may leave a virus or taint in the blood, which will at some future period cause disease, is not an unreasonable conjecture. This may depend in a great measure upon the matter that is introduced by vaccination; for if it is taken from a person who has a scrofulous disease, or has a poisonous taint in the blood, it will communicate the same to the one vaccinated; and will be most likely to cause a disordered state of the whole system, which does not go off with the disease introduced. Whether the varioloid is caused by this, or small pox infection, is what we are not able to decide; but have no doubt of the fact, that many have it who have not been exposed to such infection. Besides it has been proved by numerous experiments, that the small pox matter will not take by inoculation, upon those who have had the kine pox in a correct manner. In all cases of this kind, where there is danger apprehended, a course of medicine is the best means to prevent as well as cure them.

CHICKEN POX.

This disease is most common to children, though grown persons sometimes have it. If left to take its natural course, there will be no danger and little inconvenience, if the patient is kept from exposure to the cold

air; and composition or cayenne, with hot herb teas, are given to keep up a moderate perspiration. The symptoms are similar to those of the small pox in its first stages. The eruptions appear on the back and breast, in large pustules, on the third and fourth day; they form scabs and disappear in about ten days. When the pustules come on the face, being exposed to the air, they will take deeper hold, and are apt to leave a scar or pit. If the disease is interrupted in its course by taking cold, or any other cause, a course of medicine must be given, which will remove all difficulties.

NETTLE RASH—PRICKLY HEAT.

This complaint may be caused by some poisonous matter taken into the stomach, and carried to the surface by perspiration, where it remains under the cuticle, causing great irritation; but it is most generally brought on by violent exercise and exposure to intense and continued heat, which produces a profuse eruption, with a tingling or pricking sensation, as though stung by insects. In a few days it appears in distinct red blotches, and spreads over the neck, body and limbs, followed by an itching that is quite painful; often much aggravated during the night.

The best manner of treatment in this disease, is to commence with the most powerful stimulants, to raise the inward heat as high as possible, and get a free perspiration; then give a regular course of medicine, and after steaming wash with the rheumatic drops, or spirits; or what is better, the elixir of lobelia, which will destroy the poison and soon remove the eruption.

SHINGLES.

This disease is probably caused by some constitutional affection. The first symptoms are itching and tingling

of some parts of the body, on which will appear small, irregular, red patches, a little distance from each other, covered with numerous little elevations. These usually extend in stripes from the spine towards the breast bone, but never entirely round the body. This complaint should be treated in the same manner as has been directed for the nettle rash.

RINGWORM.

This disease commences with itching and a slight inflammation. It appears in circular spots or rings, with vessicles on the margin, and the centre part being red, tender, and disposed to peel in scales. When one of them runs its course and disappears, another generally springs up in its neighborhood, and so on for an indefinite period. They may be easily cured by being washed with a ley made of wood ashes, or by dissolving a little pearlash in water; and when dry apply the hot drops, or the elixir of lobelia, which is best. If the surface becomes rough and sore, apply the ointment for piles, or any other soothing ointment. By taking a dose of composition once a day, will assist in the cure, by aiding in removing the cause.

ITCH.

This is a cutaneous eruption, and makes its first appearance between the fingers in small pimples, with severe itching; but will often spread to different parts of the body, forming pustules containing a yellow matter, which sometimes unite into blotches, and bad sores. It is strictly contagious, being only communicated by contact; and may be easily distinguished from other eruptions, by a minute examination. It is a very disagreeable and troublesome complaint, prevailing very much in the country towns, particularly in schools, which are sel-

dom free from it. It may be easily cured by using an ointment made of yellow dock root, with cream or fresh butter. This must be rubbed on when going to bed, by the fire; before which take a dose of composition, which will prevent it from striking in. Three times using it will generally effect a cure, if not it must be repeated; and wash during the day with the rheumatic drops, prepared with spirits of turpentine, which will cure any case of this complaint.

CHAPTER IV.

Diseases of the Lungs, Thorax and Windpipe.

CONSUMPTION.

This disease has been so fully treated upon in the narrative part of our work, (see page 70 to 88,) that we shall refrain from making any farther remarks on the subject; and confine ourselves to a few directions in regard to its cure. To effect which it is highly important that the state of the patient should be correctly understood. When symptoms of this alarming complaints first make their appearance, it may be checked in its progress, and often cured by very simple means; such as giving the composition or cayenne, to increase and sustain the inward heat, with the canker tea, and tonics to strengthen the digestive organs, so that food will nourish the body. Drink freely of poplar bark tea; and keep the cough loose by taking small doses of the green emet-

ic tincture. Those who are predisposed to this disease, by making use of the same means, may ward off approaching danger, and prevent it from becoming seated.

After the consumption has assumed a chronic stage, and the lungs are badly affected, and there is a hoarseness, with a distressing cough, the only plan to effect a cure, that we can recommend, is by a resort to regular courses of medicine; to be continued, and repeated as often as the situation of the patient may make it safe and advisable, until all the difficulties and causes of the disease are removed. In the intervals between the courses, keep up the vital heat by stimulants, and give tonics to strengthen the digestive organs, with restoratives to sustain the living energies.

ASTHMA.

This is a distressing complaint, being attended with great difficulty in breathing, and is accompanied with constant wheezing; but does not materially affect the general health. It occurs in paroxisms, which usually come on during the night when in sound sleep, and the patient is awakened with a sense of suffocation and constriction across the breast; being obliged to sit erect, and labours with much difficulty for breath. It is caused by obstructions and inflammation in the glands of the windpipe, and the air vessels of the lungs, which are much constricted. The best remedy for this disease that has ever been discovered is lobelia, which acting as a relaxant gives immediate relief. Take a tea-spoonful of the green emetic tincture occasionally, with cayenne to keep up the inward heat. If this does not remove the difficulty, give a course of medicine, and continue the tincture.

INFLUENZA.

In the first attack of this complaint the symptoms are similar to those of a bad cold. The lungs become much stuffed, with a hard cough, and great difficulty in throwing off the mucus that collects in the windpipe and air vessels of the lungs. It is an epidemic and prevails more or less every year; most commonly at the commencement of cold weather, and is often fatal to aged people. In the first stages it may often be removed by giving the hot medicine to raise a perspiration and sustain the vital energies, keeping the cough loose by giving the tincture. When this does not have the desired effect, the patient should be carried through a course of medicine, to be repeated till all the bad symptoms are removed.

PLEURISY.

This disease is not so common with young people as with the aged, or those who have passed the middle age. The first attack is attended with acute pain in the left side, sometimes extending to the right side, and is always increased by a full breath, which produces a short and dry cough, that causes much suffering to the patient. The seat of this disease is the pleura, the membrane that invests the lungs, which is much inflamed in consequence of obstructions caused by cold. In many cases relief may be obtained by giving the composition or cayenne, the patient being in a warm bed with a steaming stone at the feet; and applying flannel wet with hot drops to the part affected. By placing a hot stone at the side will give much relief. When the attack is severe the safest and best plan of treatment will be to resort immediately to full and regular courses of

medicine, which will be sure to give relief, and generally effect a cure in a short time.

CATARRH.

This is a troublesome and disagreeable complaint, though it is rarely attended with a dangerous affection. It usually commences in the mucus membrane of the nose, and often extending to the fauces, larinx, and air vessels of the lungs. Its tendency is to produce an increased and vitiated secretion of the mucus, which is the cause of a nauseous and very disagreeable sensation. In some cases it becomes chronic, particularly with aged people, the symptoms of which are an habitual cough, loose expectoration, and increased secretion in the nose and glands of the throat. It may be treated in a similar manner to what has been directed for the asthma and other complaints of the kind. A snuff made of bayberry bark, bitter root and witch-hazel leaves, equal parts, pulverized, may be taken and will afford great relief.

CROUP.

This is seldom met with, except in children under six years of age. The decisive symptom is a shrill sound produced by breathing, followed by a husky cough and rattling in the throat, caused by small bladders forming in the windpipe. The disease is generally of short duration; for if not immediately relieved, usually terminates fatally in a few hours. A lobelia emetic is as likely to give relief as any thing we know of; at the same time give cayenne and put the feet into water as hot as can be borne, and make hot applications to the throat and stomach. When in bed put a hot stone, or bottle of hot water, to the feet. Give injections of lobelia and cayenne, and occasionally give small doses of the brown emetic tincture, till vomiting is induced. By a timely

perseverance in this course, it will relieve the patient, and in most cases effect a cure.

QUINSY.

This disease commences by a sense of irritation and uneasiness in the glands of the throat, which become quite sore, aggravated by every attempt to swallow; and attended with external as well as internal swelling, which makes swallowing extremely difficult, and when attempted forces the liquids into the nostrils. It is seldom attended with much danger; and may be easily cured by giving the lobelia tincture and cayenne, with hot applications to the throat. If this does not give relief, carry them through a course of medicine.

MUMPS.

This disease, caused by an inflammation of the parotid glands, is a hard painful swelling on one or both sides of the neck, behind and above the angle of the jaw. It is not attended with any dangerous consequences, if proper precautions are taken to guard against taking cold, by shielding the parts from the cold air, and using stimulants to keep up a moderate perspiration. After increasing three or four days the swelling gradually subsides. By taking cold it sometimes in adults assumes a new character, and becomes a dangerous complaint; in which case, give a course of medicine. It is most common to children.

CHAPTER V.

Diseases from Various Causes.

DYSENTERY.

This distressing complaint is epidemic, and prevails to considerable extent every season, most commonly in the autumn; and has under the regular treatment been generally fatal, especially among children. It is caused by a loss of the inward heat, which gives an increased power to the cold, so as to draw the determining powers inwardly. The stomach becomes disordered, the digesture is much impaired, so that the food is not digested; the bowels are coated with canker, which causes them to be very sore, and when any thing passes them produces excruciating pain. Dr. Thomson says that the best plan of treatment that he has been able to find, in his long practice, is to carry the patients through a regular course of medicine, and repeat it every day, if needed, till relief is obtained. At the same time give the chicken broth, and when the disease is checked, give occasionally a little brandy and loaf sugar burned together, and a strong tea of poplar bark. Give the syrup two or three times a day, until entirely recovered; and the bitters night and morning to restore the digesture. Keep up the inward heat by giving occasionally cayenne in the canker tea, sweetened. The steam bath is very important in this complaint; and injections must often be administered. Slippery elm bark is good to restore the patients, by being added to the injections, and also to be taken properly prepared.

RHEUMATISM.

The acute attacks of this disease are attended with inflammation and severe pain in one or more of the large joints, which is increased by motion or exposure to the cold. It commences in the glands of the joints, and is caused by cold, or loss of heat in the parts, which interrupts the circulation, and the adjacent muscles become much swollen and inflamed, producing severe pain. This complaint in its first stages may be generally cured, by taking a dose of the rheumatic drops and bathing the parts with the same, sitting by the fire; then wrap them in flannels and get into a warm bed with a steaming stone at the feet; if the pain is severe after getting into bed, take a dose of composition or cayenne, and as soon as there is perspiration the pain will cease. This in most cases will effect a cure. When this is not the case, carry them through a course of medicine, and bathe with the drops, repeating it when needed, till cured.

The chronic rheumatism is most common with aged people, and is generally caused by hard labour and exposure to heats and colds. In these cases the best plan of treatment is to carry the patient through a regular course of medicine, repeating it as occasion may require, till a cure is effected. The steam bath will be found very useful in this complaint, and will with the aid of stimulants to increase the inward heat, often give relief; and if the case is not very bad will effect a cure in a short time.

LIVER COMPLAINT.

This has been before pretty fully described, with the manner it should be treated to effect a cure, (see page 77,) which will render it unnecessary to say much upon the subject now, more than to state, that the botanic

practice has, in all cases that have come to our knowledge, been successful. The regular courses of medicine are the principal means used, which if persevered in with zeal and judgment, will effect a cure if any thing can.

CANCERS.

This violent and often fatal disease is caused by a virus or poisonous taint in the blood, which becomes seated in some of the glands, causing much pain and distress. We have before described Dr. Thomson's practice and the success he met with in curing this complaint. (See page 102.) His plan of treatment was to give courses of medicine to cleanse the system and restore the general health of the patient, at the same time applying the cancer plaster to reduce and dissolve the tumour. In this way he was able to effect cures in nearly every case that came under his care; and the same success has attended those who have followed his directions in their practice. He says that in the first stages of the complaint, when the tumour was small, by burning a small piece of punk-wood on it, to kill the skin, would cause it to suppurate and discharge; then by applying the ginger and slippery elm poultice, or the cancer plaster, has effected a cure in two or three weeks. The dressing should be renewed every day, and at each time wash with the canker tea, and keep up the inward heat by giving occasionally composition or cayenne, with astringents to remove the canker. A strong tea of pipsisway has been found useful in curing cancers, as well as all other canker sores, by drinking freely the tea and bathing with it the parts affected. We knew a case of an elderly lady who had been afflicted with a cancer on one of her breasts for several years. By using caustics, together

with the canker, the flesh was entirely destroyed to the bone, and her sufferings were very great. She was directed to keep it clean by washing every day with a suds made of castile soap, and then washing with the pipsisway tea, taking the tea two or three times a day. She followed these directions, and enjoyed a comfortable state of health for several years.

FELONS.

There has been given in a former part of our book a description of this complaint, with directions for its cure, (see page 157.) The plan of treatment, which has in every case been successful, is to burn a piece of punkwood, the size of a pea, on the place affected. As soon as the flesh appears dead down to the matter, prick the point of a needle into the dead skin, raising it up and cut out a piece with a sharp knife, sufficient to give vent to the matter; then apply a poultice or salve; at the same time wrap the hand in several thicknesses of cloths wet with cold water, and keep them wet by pouring on the cold water as often as it becomes hot or painful. Take some composition, or other stimulating medicine, to keep up the inward heat. If the felon has been several days coming, and appears nearly ripe, apply a piece of unslacked lime to the part affected, and wrap it in cloths wet with cold water, keeping them wet till the lime is slacked; repeating this until the skin appears of a purple colour; then open it as before directed.

BURNS AND SCALDS.

These are in most cases easily cured, if proper means are used, and with very little pain. As soon after the accident as possible wrap the part in several thicknesses of cotton or linen cloths wet with cold water, if on the limbs, and if on the body to be laid on and secured by

suitable bandages; the cloths to be kept wet, by frequently applying the cold water, whenever the pain increases, which will be the case as they become dry and hot; at the same time give the hottest medicine you have, to raise the inward heat and keep the determining powers to the surface. Continue this for twelve or fourteen hours; and then if the skin is off apply the poultice or healing salve, with the wet cloths as before, until the sore discharges; then dress with the healing salve, keeping the part shielded from the air till cured. When the burn or scald is very bad, particularly if on the body, after applying the wet cloths, carry them through a regular course of medicine, and proceed in other respects as before directed. If the burn is caused by the clothes taking fire and the body is badly burned, strip off the clothes and wrap the whole body in sheets wet with cold water, and otherwise proceed as before directed. When the body is badly scalded by steam, the same plan of treatment should be adopted.

Parts frozen are of a similar nature, and may be treated in the same manner. Put them into cold water for a short time, and then proceed in the same way as has been directed in cases of burns and scalds.

PILES.

This complaint is easily cured in its early stages by washing often with alum water and applying the ointment for piles. In cases where there is much soreness and pain, it is evident that there is canker internally, in which case give injections of canker tea with a small quantity of cayenne and lobelia in it; at the same time take a dose of composition, or some other stimulating medicine, and continue the wash and ointment till cured. When the case is of long standing, and has become very

bad, give courses of medicine, the same as in all other chronic complaints, with the restoratives, till a cure is effected. The disease may be prevented by using the ointment occasionally.

VENEREAL.

This disease is peculiarly contagious, being communicated to certain glands of the genital organs, producing inflammation and ulceration of the parts, causing them to be very sore and painful, with a disposition to spread rapidly over the adjacent parts. If suffered to have its course, the whole system becomes more or less affected with the venereal taint, particularly the glands of the nose and throat, which often receive serious injury by its eating nature; and other parts of the body are liable to break out in obstinate ulcers, or a sort of scrofulous affection. We have before given a description of Dr. Thomson's manner of treating this disease, with his opinions on the subject, (see page 113.)

The botanic practice has been completely successful in curing this disease. When the effects of the virus first makes its appearance, it may be easily cured by the canker remedies; to be freely taken and applied to the parts affected; with the aid of cayenne and lobelia, to keep up the inward heat and destroy the poison. In cases where the whole system is badly affected, either from neglect, or by the mercurial treatment, the only remedy is full courses of medicine, with proper applications to the affected parts; to be continued till the poisonous taint is completely eradicated from the system.

There can be no doubt of the fact, by those who have had experience in the botanic practice, that lobelia is the best article to counteract the effects of poison of any thing that has been discovered; and that the brown emet-

ic tincture, with the canker medicine, is a safe and effectual remedy in the venereal complaint in its first stages; by using them as a wash, and applying them to the parts affected by injection. We have the authority of one who has had much experience from long practice, to say, that the elixir of lobelia has been proved to be a sovereign remedy in this disease, if seasonably and properly applied; and that it is also a sure preventative.

SCALD HEAD.—SALT RHEUM.

This is a disease common to children and is very offensive and troublesome. It is caused by a scrofulous taint in the blood, and the scalp is completely covered with a hard scab. The best way to cure this complaint is to carry them through courses of medicine, and at the same time apply to the part oil, or some soft ointment, to soften the scab; and put a close cap on the head, so as to exclude the cold air. On going to bed cover it with wilted cabbage leaves, and then put on the cap. In the morning the smell will be very offensive; wash clean with soap suds, and then with the canker tea; after which wash with the elixir of lobelia, or the brown emetic tincture. The rheumatic drops and nerve ointment may be occasionally used. The head should be kept covered so as to cause it to sweat as much as possible; and be careful to guard the stomach by giving composition, &c. Repeat the courses as often as needed, and follow the other directions till a cure is effected.

SORE BREASTS.

Some women suffer very much from this complaint, which is caused by cold, occasioning obstrutions in the glands of the breasts, when they become hard, and are often very painful. On the commencement of swelling and pain, bathe with the rheumatic drops, and keep the

breast shielded from the air, sitting by the fire covered by a blanket, and take a dose of composition; this will give immediate relief and often effect a cure.

If it should be necessary to bring the sore to a a head, apply a poultice made of lily root tea, with ginger and slippery elm bark; at the same time keep up the vital heat by giving stimulants. When the case is very bad, and the woman is in a poor state of health, carry them through a regular course of medicine, which will remove the difficulty and restore her to health in a short time.

AGUE IN THE FACE.

This is caused by the effects of cold in the glands, which stops the flow of the saliva, causing the face to swell, followed by soreness and severe pain. Dr. Thomson says that the best way to cure this complaint that he has found, is to take a dose of the canker tea with a tea-spoonful of hot drops in it; then tie a small quantity of cayenne in a fine piece of cloth, wet with the drops, and put it between the teeth and cheek, on the side where the pain is; sit by the fire covered with a blanket, and breathe the warm air from the fire; this will cause the saliva to flow freely, which will remove the soreness and relieve the pain. The face should be bathed at the same time with the hot drops; or by applying the strengthening plaster to the face it will give relief and aid much in effecting a cure. If caused by decayed teeth, apply cotton wool wet with the oil of summersavory, or spirits of turpentine, which will deaden the nerve, and stop the pain. This is good in all cases of tooth-ache.

RUPTURE.

We have in a former part of our book, given a de-

scription of this complaint, with directions for its treatment, (see page 148.) It is considered as an incurable disease; but any dangerous effects may be prevented by using proper precautions, and by judicious and correct treatment. When the bowels come down and continue any length of time, they become swelled, attended with inflammation, causing great distress and danger, and sometimes proves fatal, as they cannot be got up again until the inflammation and swelling is removed. The best way to effect this is to carry the patient through a course of medicine, which will remove all difficulties, and restore them without the least danger.

WORM COMPLAINTS.

We have before given our views pretty fully on this subject; and also the opinion and conclusions of Dr. Thomson, with a description of his manner of treating all difficulties of this kind, (see page 179.) The fact is there is no certainty in the symptoms that are supposed to indicate the presence of worms; for the same may be produced by a variety of other causes. When the general health is good there need be no apprehension that worms will cause disease, for they are then undisturbed and rest quietly in their element; but when symptoms make their appearance, that are supposed to be caused by them, it is only evidence of a disordered state of the stomach and bowels; and when these difficulties are removed the symptoms will disappear. In cases of this kind, give the composition powders or cayenne to warm the stomach, with the canker tea to clear the stomach and bowels of canker; and follow with the bitter medicine to correct the bile and restore the digesture.

Injections should be frequently given, and if there are nervous symptoms use the nerve powder. If the case is

bad, and these remedies do not effect a cure, carry them through a course of medicine, with the restoratives, as has been before directed. A strong tea of the black alder bark has been found in many instances, a valuable remedy in cases of disease caused by worms.

JAUNDICE.

The symptoms of this complaint are want of appetite, costiveness, faintness, and disposition to sleep; which is caused by a cold and disordered state of the stomach, and a loss of the natural action of the digestive organs, so that the food is not digested and prepared in a suitable manner to receive the bile, and thereby afford that nourishment to the blood, which is necessary to sustain the living principle. The consequence is, that the bile not being used for what it is designed, passes into the circulation, and being carried to the surface gives the skin a yellow colour, which is one of the principle characteristics of the disease. The best plan of treatment is to commence with a course of medicine, which will regulate the stomach and correct the secretions; then follow with tonics to restore the digesture. The hot bitters should be taken three or four times during the day; and the poplar bark tea may be drank freely. Take the bitter root and use injections, to cause a natural action in the bowels.

DYSPEPSIA.

This disease is caused by the incapacity of the stomach to perform its natural functions; and is generally brought on by intemperate habits of life. The symptoms are, a faint sinking sensation and depression of spirits, distress at the stomach after eating, flatulency, the wind often rising to the stomach, especially in the morning, with wretching, and a greater or less degree of emaciation.

By a course of medicine and the other botanic remedies, to restore the digesture, great relief may be obtained; but to effect a cure it will require a long course of medical treatment. Yet it will after all depend very much on the prudence and self-denial of the patient; by abstaining from all excesses, either in eating or drinking, it will assist very much in restoring the health. Exercise will be a great benefit. Those who are constantly employed at hard labour and live on coarse food, never have this complaint.

DROPSY.

For a description of this complaint, with the manner in which it was successfully treated by Dr. Thomson, see page 103.

MUSCLES—HOW RELAXED.

In cases of broken bones and dislocated joints, the muscles can be relaxed by the application of warm water, so that they may be set without causing much pain to the patient and with little labour to the operator. The plan adopted by Dr Thomson, and which has in every case been successful, is to give a dose of composition, or cayenne, with half a teaspoonful of nerve powder in it, to promote perspiration, prevent fainting, and quiet the nerves; and put a large towel in a milk-pan, pouring on it hot water till it is completely wet, and when cool enough wrap it round the limb; then pour on it from a pitcher the water as hot as it can be comfortably borne, placing the pan under to catch the water; and in a short time the bones may be put in their place, or the joint set, with very little trouble. When this is done and the bandages put on, apply the same cloth, which has now become cold, as before, which will restore the tone of the muscular fibres, and prevent the parts from getting out of place. For further information, see page 160.

SORE EYES.

When the eyes are diseased, they should be treated with great caution, as the sight may be injured by improper medical treatment. In cases of inflammation, they may be cured by very simple means if timely attended to ; such as the application of the wash for sore eyes, and many other simple compounds, prepared for the purpose. By putting cloths wet with cold water on the eyes and keeping them wet, especially on going to bed, will allay the inflammation ; and in the day time keep them as much as possible from the cold air. If the difficulty is not removed and continues for any length of time, the inflammation will be followed by canker, which becomes seated in the glands and on the eyelids. To remove this make a tea of lily root, raspberry and witch-hazle leaves, or either of them, to which add one-third the quantity of rheumatic drops, and wash with this several times during the day. The pure juice of capsicum is doubtless one of the best medicines for sore eyes that has been discovered. When the case is very bad, and the patient is otherwise disordered, a course of medicine, with the above applications, will soon effect a cure.

FRESH CUTS.

Wounds caused by a sharp instrument should be dressed as soon as possible. Wash with cold water till the blood stops, and the wound is perfectly cleansed, then put the parts together and secure them by applying the strengthening plaster, or some other sticking-plaster, then wrap in cloths wet with cold water, keeping them wet, and they will heal by the first intention, causing little pain or soreness. If an artery is severed and the blood does not soon stop, place the part higher than the body, which will stopt it ; then dress the wound while in

this position as before directed. When any part of the wound is bruised and appears ragged, it will not heal so soon as the other parts; in which case, after they have healed, wet with the hot drops and apply the healing salve. If by neglect or wrong treatment, the wound becomes bad and not inclined to heal, with appearances of canker, wash first with the canker tea and then with the rheumatic drops, putting a little cayenne in the wound, applying the healing salve, and keep it well shielded from the cold air. Repeat the dressing every day till cured.

BRUISES AND SPRAINS.

To give relief in cases of this kind, take a dose of composition or hot drops, sitting by the fire, shielded from the cold air; then bathe the part with water as hot as it can be be borne, for a few minutes, and then dash on it some cold water; after wiping dry, bathe with the rheumatic drops prepared with spirits turpentine, and bandage with flannel. Repeat this once or twice a day, and keep the perspiration free by taking hot medicine; and when in bed put a steaming stone at the feet.

COUGH.

This difficulty is the effect not the cause of disease, and no attempt should be made to stop it. Give such medicine as will loosen the phlegm and cause the patient to raise easy, till the cause of disease is removed. The lobelia tincture with cayenne is very good for this purpose.

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RETURN TO →

1	2	3
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ALL BOOKS MAY BE RECALLED AFTER 7 DAYS

DUE AS STAMPED BELOW

SENT ON ILL		
FEB 02 [illegible]		
U. C. BERKELEY		

UNIVERSITY OF CALIFORNIA, BERKELEY
BERKELEY, CA 94720

FORM NO. DD 19

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